

Rescue Mocktail

It can be challenging to give up alcohol in social situations. However there are a couple of ways to get around it. This Rescue Remedy® mocktail works like a charm!

Ice cubes

3 slices lemon

1 tsp Rescue Remedy® or Angostura Bitters

¾ cup (200 ml) sugar-free tonic water

MAKES 1 DRINK (± 200 ML)

- 1 Pack your glass with ice cubes and slices of lemon. Add the Rescue Remedy or Angostura Bitters and top up with sugar-free tonic water.

Virgin Mary Mocktail

Ice cubes

1–2 tsp lemon juice

½ tsp Worcestershire sauce

2 drops Tabasco or hot sauce

1 cup (250 ml) chilled tomato juice

Celery stalk, optional, for garnish

MAKES 1 DRINK (± 250 ML)

- 1 Pack your glass with ice cubes. Add the lemon juice, Worcestershire sauce and Tabasco, then top up with tomato juice and stir well. Garnish with a celery stalk, with or without leaves.

