

Mocktails & Appetizers

Here are some fun mocktail drinks to try this summer. Each drink also has an appetizer pairing.

Simple Syrup (group recipe)

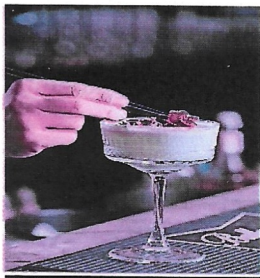
1 cup water
1 cup sugar

Bring to a boil. Stir occasionally until all the sugar is dissolved.

Flavoring:

Add flavoring of your choice. Here are some suggestions: lemon or lime zest, mint leaves, basil leaves, berries, etc. Leave in up to an hour and then strain out. Put in a jar and keep in the fridge.

Cucumber-Mint Cooler (individual recipe)



¼ cucumber, chopped, plus 1 thin slice for serving
¼ cup water

In a blender, puree cucumbers and water. Set aside till later.

1-2 fresh mint leaves
1/8 of a lime or lemon, thinly sliced

Muddle the mint leaves in a glass.

¾-1 cup club soda, bubbly water, or Selzer
1 teaspoon simple syrup

In the glass with the muddled mint leaves and lime/lemon, top with bubble water and sweeten to taste.

Pour the cucumber puree through a strainer into the bubble water mixture. Stir to combine. Add a little ice to cool it off. Enjoy!

Crostini with Caramelized Onions & Grape Tomatoes with White Bean Hummus

Bean Hummus (individual recipe)

¼ cup beans (your choice), drained and rinsed
½ tablespoon tahini
½ lemon juiced
Optional: 1/32 teaspoon cayenne pepper

Put all the ingredients into a food processor and mix. Add water to thin out the hummus, if needed.

Caramelized Onions and Grape Tomatoes (group recipe)

½ onion, thinly sliced rings
½ pint grape tomatoes, halved or quartered
1 tablespoon canola oil
½ cup water, as needed

Add canola oil to hot skillet, heat for about 1 minute. Turn down heat to medium low and add onion slices. Cook for about 15 minutes. Add water as needed to continue caramelizing without further browning of the onions. Add tomatoes and cook for about 5 minutes.

Crostini Assembly

Rustic whole grain bread



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Top with Kalamata, black or green olives, optional

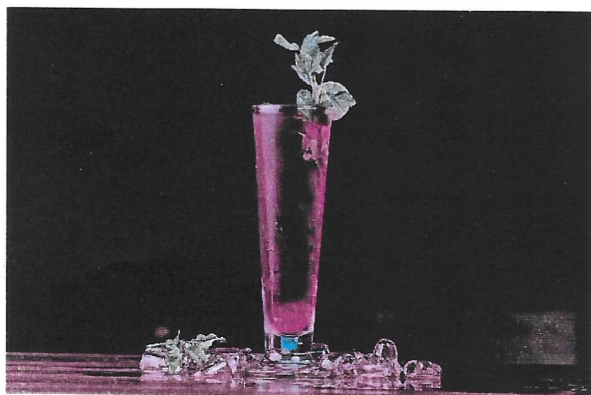
Cut up slices of your bread and toast. Spread on some white hummus. Put on a layer of caramel onions and tomatoes. Top with olives and serve!

Stewed Cranberries (group recipe)

½ cup sugar
½ cup water
3 cup cranberries, fresh or frozen (can substitute with other berries, if you can't find cranberries)

Bring water and sugar to boil in a small pot. Add cranberries and cook for about 10 minutes. Remove from heat. Let cool.

Cranberry Spritzer (individual recipe)



1/3 cup cranberry juice
1/3 cup club soda, bubbly water, or Selzer
1 tablespoon + 1 teaspoon fresh lime juice
½ teaspoon simple syrup
1-2 mint leaves, chiffonade cut
1 tablespoon stewed cranberries (see above)

Optional: lemon or lime slices, for garnish
Top with ice

Spoon 1 tablespoon of cranberries in the bottom of the glass.

Combine cranberry juice, seltzer water, lime juice, mint leaves, and sweetener. Muddle the mint and mix. Pour over cranberries. Top with ice. Garnish lime and some of the cranberries. Serves 1.

Cranberry Goat Cheese Bruschetta with Garlic Herb Chermoula

Garlic Herb Chermoula (individual recipe)

1 tablespoon dried parsley
1 tablespoon fresh cilantro, finely minced
1/2 clove fresh garlic, minced
½ teaspoon paprika
½ teaspoon cumin
1/32 teaspoon salt
1 ½ tablespoon vegetable or olive oil
¼ lemon, juiced (or 1/2 – 1 tablespoon lemon juice)
1 ½ tablespoon water

Combine all the ingredients of chermoula in a bowl, except the oil and lemon juice. Slowly drizzle in the oil and juice, whisking the mixture with a fork as you go along. Set aside (chermoula can keep in a sealed jar in the fridge for a week, or even longer).

Assembly (individual recipe)

1 slice of a baguette
1 tablespoon of goat cheese

Top with 1 tablespoon of stewed cranberries. Drizzle 1 teaspoon of chermoula over the top. Enjoy!