

The background features a gradient from light blue at the top to light orange at the bottom. On the left side, there are several vertical rainbow-colored stripes that curve downwards and to the right, creating a sense of movement. The word "Pride" is written in a large, white, cursive font with a thick, multi-colored shadow that transitions through the rainbow colors. Below it, the words "MOCKTAIL" and "Recipes" are written in a smaller, black, sans-serif font and a cursive font, respectively.

Pride

MOCKTAIL
Recipes

Get ready to elevate your Pride Month celebrations with these vibrant mocktail recipes!

Discover a rainbow of flavours to spark joy and raise a glass to inclusivity. Find more Pride Month activities and resources at www.cfmws.ca/us-pride.

The inspiration for this collection of recipes stems from the colours that make up the Progress Pride Flag.



pink & blue mocktail

INGREDIENTS

- 1 cup water
- Passion fruit-flavour tea bag
or other red fruit-flavour tea bag
- 4 teaspoons granulated sugar, divided
- Pink nonpareils for garnish
- Light corn syrup for garnish
- 1 cup refrigerated coconut milk
- 2 drops blue food coloring



DIRECTIONS

- 1 Boil water in a small saucepan. Remove from heat; add tea bag and steep 2 to 3 minutes. Remove tea bag. Stir in 2 teaspoons sugar. Cover and refrigerate at least 2 hours.
- 2 Place nonpareils in shallow dish. Brush corn syrup along rim of glasses with small food-safe paintbrush; dip rims into nonpareils.
- 3 Combine coconut milk, remaining 2 teaspoons sugar, and blue food coloring in small measuring cup. Divide between glasses; fill with ice. Slowly pour tea over back of spoon and into glasses; carefully layering on top of milk.

DARK 'N STORMY

mocktail

INGREDIENTS

For Simple Syrup

- 1 cup granulated sugar
- 1/2 cup water

For Dark 'n Stormy Mocktail

- 1/2 ounce rich simple syrup (2:1)
- 3/4 ounce fresh lime juice
- 2 ounces ginger beer
- 2 ounces Lyre's Dark Cane Spirit



DIRECTIONS

- 1 Combine sugar and water in small pot and set over medium heat. Stir until sugar is fully dissolved.
- 2 Pour into container and chill in refrigerator for 15 minutes. Use immediately, or store in a sealed container for up to two weeks.
- 3 Combine rich simple syrup, lime juice, and ginger beer in tall collins glass. Stir for 10 seconds.
- 4 Fill glass with ice and top with Lyre's non-alcoholic Dark Cane Spirit. Garnish with skeleton leaf or lime wedge.

CHERRY BOMB

mocktail



INGREDIENTS

- 1 litre lemon-lime soda
- 4 ounces grenadine
- Juice from 1 lime (~2 tablespoons)
- 4 maraschino cherries

DIRECTIONS

- 1 Combine soda, grenadine and lime juice in mixing glass and stir.
- 2 Pour over rocks or ice ball in low ball glass.
- 3 Garnish with cherries.

Sweet Sunrise

MOCKTAIL

INGREDIENTS

- 2 to 3 dashes orange bitters
- 4 oz orange pineapple juice
- ½ oz grenadine syrup
- Slice of grapefruit, orange, or pineapple for garnish

DIRECTIONS

- 1 Fill a highball glass with ice.
- 2 Add 2 to 3 dashes of orange cocktail bitters and top with orange pineapple juice.
- 3 Add grenadine syrup, which will sink to the bottom then rise.
- 4 Garnish with slice of grapefruit, orange or pineapple.



mango mojito

MOCKTAIL



INGREDIENTS

- 1/2 cup mango puree or nectar
- 1/2 cup club soda
- 8-10 mint leaves
- 2 tablespoons lemon juice
- Lime wheels and mint leaves for garnish

DIRECTIONS

- 1 Puree fresh mango in blender until chunk-free and smooth (skip this step, if using mango nectar).
- 2 Add mint leaves and lemon juice to serving glass. Muddle slightly.
- 3 Add mango puree or nectar, lemon juice, club soda and ice cubes. Stir to combine and garnish with lime wheels and mint leaves.



green PARTY punch

INGREDIENTS

- 4 cups water
- 4 tablespoons lemonade powder mix
- 4 cups green berry Hawaiian punch

Optional Additions

- 2 limes, sliced thin
- 1 star fruit, sliced thin
- 1 granny smith apple, seeded and diced
- 2 kiwi, peeled and sliced thin
- 1 cup white grapes, cut in halves

DIRECTIONS

- 1 Add water and lemonade powder into large pitcher and whisk until dissolved.
- 2 Add Hawaiian punch, and fruits. Mix until combined.



Blue Lagoon

MOCKTAIL

INGREDIENTS

- 1 tablespoon blue curacao syrup
- 1 cup lemonade
- 30 ml alcohol-free vodka *optional*
- Fruit or flowers to garnish

DIRECTIONS

- 1 Pour blue curacao into glass.
+ alcohol-free vodka*
- 2 Slowly top up with lemonade.
- 3 Stir gently, add ice, garnish and serve.



Lavender Haze

INGREDIENTS

For Simple Syrup

- 1/4 cup sugar
- 1/2 cup water
- Fresh lavender flowers (3-4 heads)
- 2 sprigs fresh thyme

For Lavender Haze Mocktail

- 1/2 cup frozen blueberries
- 1 ounce lavender-thyme simple syrup
- Juice from 1 lemon
- 1/2 teaspoon vanilla bean paste
- Lemon soda water to top



DIRECTIONS

- 1** Simple Syrup: Combine sugar and water in small saucepan. Whisk until completely dissolved, then bring to boil. Add lavender and thyme and reduce heat to low. Simmer for 10 minutes then remove pan from heat. Leave to infuse for 1 hour.
- 2** Mocktail: Place frozen blueberries, simple syrup, lemon juice and vanilla bean paste in cocktail shaker filled with ice. Shake for 1 minute. Distribute contents between 2 ice-filled glasses and top with soda water.