

FRUITY MOCKTAIL

(SERVES 2)

YOU WILL NEED:

- HANDFUL OF GRAPES & BLUEBERRIES
- 2TBSP GRENADINE
- 150-200ML ORANGE JUICE
- PINEAPPLE GINGER HUMBLE WARRIOR CAN

- 1) POUR THE GRENADINE INTO FOUR GLASSES
- 2) GENTLY TIP THE GLASSES AND POUR THE ORANGE JUICE DOWN THE INSIDE OF THE GLASSES SO IT SITS ON TOP OF THE GRENADINE
- 3) TOP WITH PINEAPPLE GINGER HUMBLE WARRIOR
- 4) GARNISH WITH GRAPES AND BLUEBERRIES
- 5) ENJOY!!



BEAT THE BEV'S
RECOMMENDED
READY-MADE
KOMBUCHA



BEAT THE BEV'S RECOMMENDED
ALCOHOL ALTERNATIVES

- THATCHERS ZERO CIDER
- HUMBLE WARRIOR DRINKS

- SEEDLIP NON-ALCOHOLIC SPIRITS
- KOPPARBERG ALCOHOL-FREE CIDER
- PERONI LIBERA ALCOHOL-FREE BEER
- SAN MIGUEL 0.0% ALCOHOL-FREE LAGER
- THREE SPIRIT NON-ALCOHOLIC SPIRITS
- LYRES NON-ALCOHOLIC SPIRITS

FOR MORE HELP AND SUPPORT,
PLEASE VISIT WWW.DRINKAWARE.CO.UK

BEAT THE BEV

HELPING STUDENTS
MAKE MORE INFORMED
CHOICES AROUND
ALCOHOL INTAKE

JAZZ, HARRIET & LUCY

	1 PINT OF BEER	=	2.3 UNITS
	1 PINT OF CIDER	=	2.6 UNITS
	1 SHOT	=	1 UNIT
	1 ALCOPOP	=	1 UNIT
	1 MEDIUM WINE	=	2.3 UNITS

AIM TO DRINK NO MORE THAN 14 UNITS PER WEEK

VIRGIN MOJITO

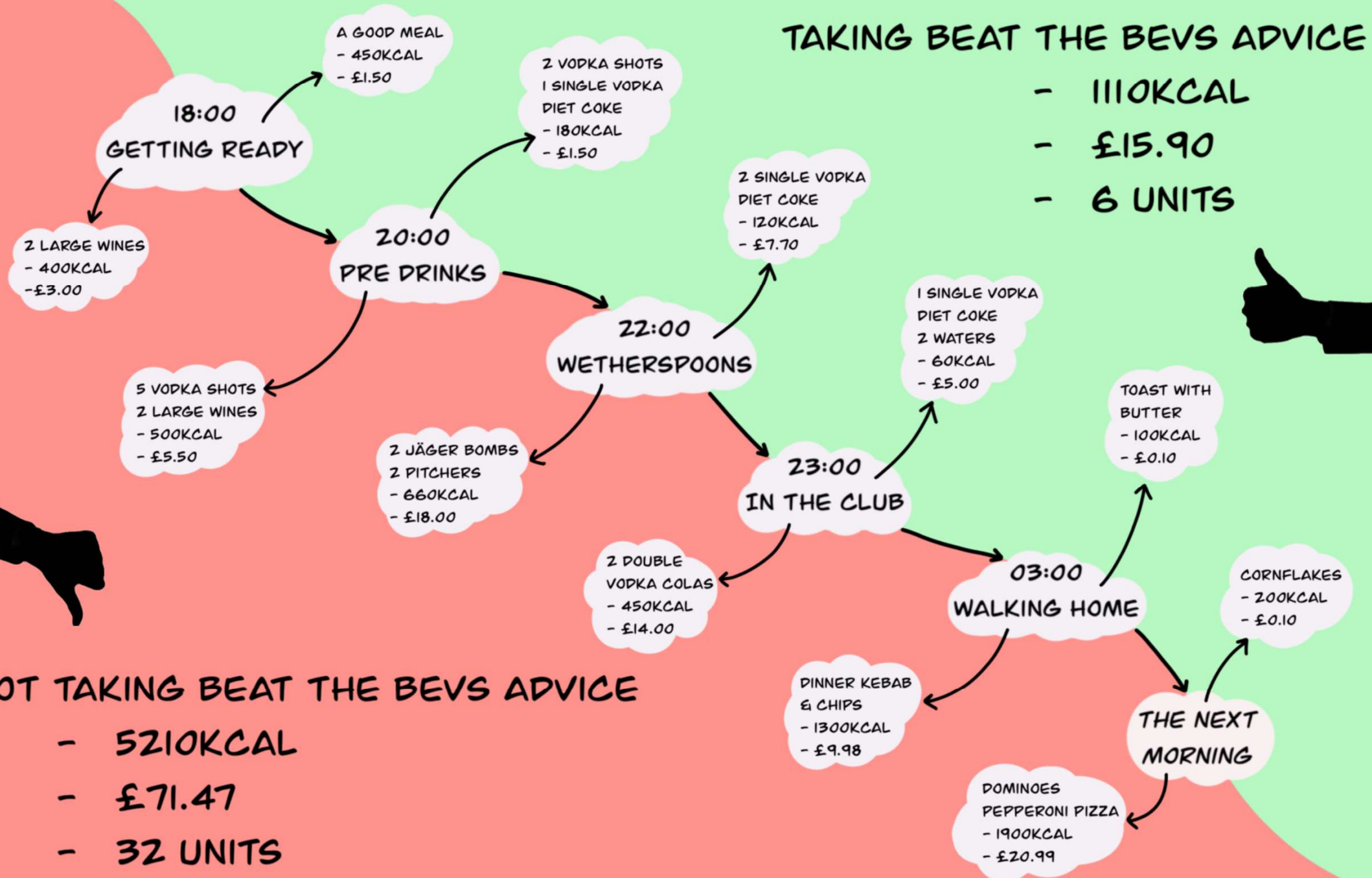
(SERVES 2)

YOU WILL NEED:

- 1TBSP SUGAR
- SMALL BUNCH OF MINT
- 3 LIMES, JUICED
- SODA WATER

- 1) MUDDLE TOGETHER THE SUGAR AND MINT LEAVES USING A METAL SPOON
- 2) PUT A HANDFUL OF CRUSHED ICE IN 2 TALL GLASSES
- 3) DIVIDE THE LIME JUICE AND MINT-SUGAR MIX BETWEEN THE 2 GLASSES
- 4) ADD A STRAW AND TOP UP WITH SODA WATER
- 5) ENJOY!!

JOURNEY OF A NIGHT OUT



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