

Refresh Your Summer



alpha
Association of Local
PUBLIC HEALTH
Agencies

Embrace the vibrant spirit of summer! There's nothing better than meeting with friends and family and accompanying those moments with a refreshing beverage. Check out these non-alcoholic options that will keep you refreshed all summer long.



Watermelon Smoothie

2 cups watermelon chunks
1 cup cracked ice
 $\frac{1}{2}$ cup plain yogurt
2 tbsp. sugar (optional)
 $\frac{1}{2}$ tsp ground ginger

Place all ingredients in blender, cover and blend until smooth.



Rainbow Cooler

In a cocktail shaker filled with ice, add:
2 oz. each of orange, pineapple and passion fruit juice
Juice of $\frac{1}{4}$ fresh lemon
1 tsp grenadine

Shake until chilled and strain into a highball glass filled with ice. Garnish with fresh kiwi.



Berry Blue Smoothie

2 cups frozen blueberries
8 oz. vanilla yogurt
1 cup milk
6 oz. unsweetened pineapple juice
1 cup ice

Place all ingredients in blender, cover and blend until smooth. Slowly add ice.



Veggie Smoothie

2 cups tomato juice or vegetable cocktail
 $\frac{1}{2}$ cup fresh or canned carrot juice
1 tsp tabasco
1 tsp lemon juice
4 spinach leaves
12 ice cubes

Place all ingredients in blender, cover and blend until smooth.

There are many other options like sparkling drinks, iced tea infusions, and fruit blends! Find the one that suits you best.

Check out the Canadian Centre on Substance Abuse and Addiction's [latest guidance on alcohol and health](#). There, you can make informed decisions about alcohol and consider reducing your alcohol use.

If you are interested in more recipes, click [here](#) to access a list provided by the Eastern Ontario Health Unit, and [here](#) to access the Middlesex-London Health Unit website. For recommendations on alcohol consumption, click [here](#).

<https://www.alphaweb.org/>