

Wishing you a safe and Merry Christmas.

When hosting a Christmas gathering, offer your guests games, conversation and a connection to the spirit of the season rather than to spirits... Have non-alcoholic drinks and plenty of food on hand. Here are some suggestions:

Mock Mimosa (for 6 guests)

- 1 can grapefruit flavoured carbonated drink
- 2 cups cold orange juice
- 1½ cups club soda
(do not add until ready to serve)

Serve over crushed ice in champagne flute glasses with a slice of orange.



Adapted from Kraft Recipes.

Mini Bacon Spinach Bites — 12 regular or 24 mini muffins

- ½ package of 250g brick cream cheese — softened
- ½ cup finely chopped red onion
- 1½ cups frozen spinach thawed and squeezed dry
- ⅓ cup cooked bacon — crumbled or real bacon bits
- 3 Tablespoons flour
- 1 cup of four blends Mexican-style shredded cheese
- 4 eggs lightly beaten

Preheat oven to 350°F. Mix together cream cheese, and onion in medium bowl. Add spinach, crumbled bacon, flour and shredded cheese. Continue to blend adding the eggs last and combine well.

Spoon into a well-greased and floured muffin pan. Bake 14–16 minutes for 24 mini muffins or 18–20 minutes for 12 regular muffins. Serve warm or chilled with green or red pepper jelly.

Adapted from Kraft Recipes.



Compliments of
Alcohol and Drug Services.

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Rudolph's Rumba

- 1 can frozen orange juice
- 6 cups cranberry juice
- 1 bottle ginger ale
- 2 cups frozen berries
- thinly sliced orange or lime

Combine ingredients. Serve over ice.

Recipe courtesy of <http://www.healthunit.org/alcoholdrug/alcohol/mocktails.htm>



Spicy Goat Cheese Spread

- 1 300g package of goat cheese
- 2 red peppers, sliced
- 2 white onions, sliced
- 3 cloves of garlic, sliced
- 2 jalapenos sliced thinly — leave in seeds and membrane if you want it super spicy!!
- juice of two lemons
- salt & pepper
- olive oil

Heat oil in frying pan. Add onions and garlic, sauté until translucent. Add peppers and continue to sauté until soft. Add lemon juice, salt and pepper to taste and turn up heat to get a little colour.

Place cheese in an ovenproof dish. Pour pepper mixture over top and heat in oven at 350°F until cheese is bubbly. Serve with flatbread, crackers or sliced baguette.

Recipe kindly provided by Tara Kolla-Hale



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Cheers! Best Wishes for a Happy New Year!

This year, offer your guests good food, lots of laughter, and a choice of non-alcoholic drinks to ring in the New Year. Here are some suggestions:

Mock Champagne

- ¾ cup lemon/lime soda
- ½ apple juice
- lemon slices

Serve in champagne flute glasses.



Adapted from Cooks.Com

Hot Broccoli Dip

Serve in a hollowed-out bread round at your next party!

- 1 bunch broccoli or 1 package frozen chopped broccoli
- ⅓ cup butter, melted
- 1 onion, chopped
- ¾ cup Boursin or herb and garlic Rondele cheese
- ¾ pound of fresh mushrooms, chopped
- 1 can mushroom soup

If using fresh broccoli, cook until crisp and tender, then drain and chop. If using frozen broccoli, cook briefly and drain. Sauté chopped mushrooms and 2 tablespoons of the butter until all the liquid is absorbed. Combine all ingredients over low heat and cook until cheese is melted. Serve hot or warm with French or pumpernickel bread.

Adapted from Cooks.Com



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