THE BEST GIFT OF ALL...

A MERRY & SAFE HOLIDAY!

RECIPIES FOR THE ROAD

An Original Collection of Non-Alcoholic Drinks From Restaurants Throughout the First Coast.

presented by:
According to the Florida Department of Highway Safety & Motor Vehicles, 32% of traffic fatalities and 10% of traffic crashes in Florida during 1997 were alcohol-related. These statistics increase during the Christmas and New Year holidays, when about half of all traffic fatalities are alcohol-related.

With parties and celebrations all around them, people are most likely to drink and drive during holidays. The key to reducing the number of alcohol-related crashes and fatalities is to keep the celebration safe. That's why several area government agencies and private organizations have come together to bring you, the host, Recipes for the Road. This booklet contains new and creative non-alcoholic drink recipes you can make and offer to the designated drivers and guests who don't want to drink alcoholic beverages.

These recipes were created by local restaurant owners, managers, chefs and bartenders, are quick and easy to prepare and will be sure to please your party guests. You'll also find tips on how to keep your guests entertained and safe when they leave, as well as other holiday safety tips.

On behalf of the Florida Highway Patrol, the Jacksonville Sheriff's Office, the Duval County Community Traffic Safety Team, the Florida Restaurant Association, Jiffy Lube, Promo Depot, Best Graphics, Mac Papers and Mix 103, we hope you enjoy all that Recipes for the Road has to offer.

HAVE A SAFE AND HAPPY HOLIDAY!
**Strawberry Cranberry Sangria**

- 64 oz. Cranberry Juice
- 64 oz. Orange Juice
- 1/2 liter of 7-Up
- Bag of Frozen Strawberries or Raspberries
- Fresh Berries for Garnish

 Crush berries in bottom of large container. Add remaining ingredients and stir until mixed. Serve over ice and garnish with fresh berries.

Amelia Island • 904-261-0013

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**Bombay Breeze**

- 3 oz. Orange Juice
- 3 oz. Cranberry Juice
- 1 oz. Pina Colada
- 1 oz. Pineapple Juice
- Splash of Sprite

Shake well. Serve over ice.

Baymeadows • 904-737-9555

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**Bravo Breeze**

- 4 oz. Orange Juice
- 3 oz. Cranberry Juice
- 3 oz. Pineapple Juice
- Swirl of Grenadine or Splash of Sprite

Orange Park • 904-278-7880

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**Non-Alcoholic Swedish Lemonade**

- Sweet & Sour Mix
- 7-Up
- Cranberry Juice
- Lime

Fill 16 oz. hurricane glass with ice. Fill halfway with sweet & sour mix. Fill to 3/4 full with 7-Up and add a splash of cranberry juice for color. Add a squeeze of lime.

Down Under Marina Restaurant
Amelia Island • 904-261-1001
Grill Room Frosted Passion

Yield 4 Drinks

- 12 oz. Passion Fruit
- 3 oz. Coconut Milk
- 6 oz. Pineapple Juice
- 4 oz. Lychee Fruit
- 2 ea. Juice from Fresh Limes

Combine in blender and puree, pour in frosted mug or glass. Garnish with tropical fruit kabob (pineapple/fresh cherry/banana/strawberry).

Stoplight

- 2 oz. Kiwi Syrup
- 4-6 oz. Pineapple Juice
- 4-6 oz. Cranberry Juice

Christmas Cocoa

1 Pack Nestles Hot Cocoa Mix
Add hot milk or water.

1 Candy Cane
Let melt or hang on side.

Top off with whip cream and cherry.
ALCOHOL AWARENESS

Always serve food with alcoholic beverages. Food slows down the absorption rate of alcohol into the body.

Let guests do the mixing themselves. Have several different sizes of jiggers at the bar so drinks can be measured. Inexpensive one-ounce spouts may be purchased and placed on bottles.

If you’re serving alcoholic punch, make it with a non-carbonated base such as juice or tea. Alcohol is absorbed faster by the body if club soda or ginger ale are used in the punch. This holds true for mixed drinks, too.

Don’t be a “pour” host and force drinks on your guests. Respect the wishes of those who say “No, thanks” or “Make it coffee.” Remember that not everyone wants to drink alcoholic beverages, especially if driving. Also, people on certain medication should not drink any alcohol. Serve a wide variety of beverages that include soft drinks, coffee, tea, juices and some drinks and punches suggested in this booklet for a successful, sober party.

As the hour becomes late, put away the alcoholic beverages but continue to offer a good supply of food. You might wish to switch to coffee and dessert well before guests start to leave.

BUFFET

Serve protein-rich and starchy foods throughout the evening. By eating first, partygoers will help retard the absorption of alcohol into their bloodstream.

Watch for overindulgers. Only time will sober up someone who has had too much to drink. It takes about one hour for an average drink or one bottle of beer to be “burned off” by the liver. Coffee, cold showers and other “remedies” do not affect the blood alcohol level or improve motor skills and reaction time.

Try to slow down the drinking rate of your guests who drink alcohol. Engage them in conversation. Offer food and soft drinks or “watered down” mixed drinks. Use water rather than carbonated soda in mixed drinks. Have activities for fun at the party.

CARPOOL

The best thing you can do as a host is to have someone who hasn’t been drinking drive drinking guests home. Call a cab or let the person sleep overnight. Give a small gift to all designated drivers at your party. Take your role as a friend seriously!

Frozen Electric Lemonade

1 Shot of Roses Lime
Lemonade
Crushed Ice
Blend until mixed.

Amellia Punch

Equal Parts:
Orange Juice
Pineapple Juice
Cranberry Juice
1 Shot of Grenadine
Mix and serve over ice.

Bullseye

Equal Parts:
Bloodymary Mix
O’Doul’s (or non-alcoholic beer)
Served on the rocks and garnished with lime.

for Sunday Brunch

Amelia Inn
Dining Room

904-321-5050
Jiffy Non-Alcoholic Sangria  
Yield One Gallon

2 750ml. BTLs Non-Alcoholic Merlot  2 ea. Fresh Oranges
1 Liter 7-Up  2 ea. Fresh Lemons
1 Cup Maraschino Cherries  Cherry Juice Reserved from Cherries

Add all ingredients to mixing bowl except fruit and mix. Slice oranges and lemons and add, mix well. Garnish with extra sliced orange, lemon and cherry. If frozen add 1/2 scoop of ice to blender per drink and blend well.

Southpoint • 904-731-7598

Terrace Breeze

6 oz. Pineapple Juice
2 oz. Orange Juice
1 oz. Grapefruit Juice
1 oz. Soda
2 oz. Grenadine

Shake well. Serve over ice. Garnish with pineapple, orange and cherry.

Santa's Colada

3 oz. Peach Daquiri Mix
3 oz. Egg Nog
3 oz. Strawberry Daquiri Mix
Ice

Blend all three separately with ice. Pour the peach first, then the egg nog, and finally the strawberry so the drink is in layers.

904-358-9040

Double Lime Punch  
Yield 10 Servings

1/2 Pint Lime Sherbet, Softened
1 Six-oz. Can Frozen Limeade Concentrate, Thawed
1 Large Bottle Chilled Ginger Ale
2 Cups Water

In punch bowl, stir together all ingredients.
Pineapple Coconut Smoothie

In a blender mix the following:

- 2 cups Ice
- 3/4 cup Pineapple Juice
- the Juice of One Coconut
- or 1 cup Pineapple/Coconut Juice (Coco Lopez)
- 1/2 half Banana
- 1/3 cup Frozen Blackberries

Garnish with fresh strawberries, blackberries and shredded coconut.

Mock Pink Champagne

Yield 10 Servings

- 1/2 Cup Sugar
- 1 Cup Water
- 1 Six-oz. Can Frozen Orange Juice Concentrate
- 1 Six-oz. Can Frozen Grapefruit Juice Concentrate
- 1-28-oz. Bottle Cold Ginger Ale
- 1/2 Cup Grenadine Syrup

Early in day, mix sugar and water in pan and boil for 5 minutes. Cool. Add frozen concentrates. Refrigerate. As serving time, add ginger ale and grenadine syrup and stir. May garnish with fresh fruit slices.

Non-Nog Eggnog

Yield 12 Servings

- 2 Eggs Separated
- 1/3 Cup Sugar
- 1 T. Vanilla Extract
- 2 Cups Chilled Milk
- 3/4 Cup Water
- 1 Cup Whipped Cream
- Nutmeg

Beat egg whites at high speed in mixer until soft peaks form. Gradually beat in sugar until stiff peaks form. In large bowl, beat egg yolks until lemon-colored. Gradually beat in vanilla, milk and water. Stir in egg white mixture and whipped cream. Mix well. Serve with a sprinkle of nutmeg over each cup.
HOLIDAY SAFETY TIPS
from the Duval County Traffic Safety Team

The holiday season is one of the happiest and merriest times of the year. Help keep family, friends, and yourself safe during this time. Think and practice safety!

1. Prevent ingestion of Mistletoe, Poinsettia, Christmas Berry, Holly, Bayberry and Jerusalem Cherry. All are used for decorations but can be potentially poisonous.

2. Sweep or vacuum Christmas tree needles promptly as they can cause painful cuts in the mouth and throat when swallowed.

3. Always turn Christmas tree lights off when unattended. Never leave the tree lights on while sleeping.

4. Maintain working smoke detectors throughout the home. Test them monthly and change batteries yearly even if they are still working.

5. Never stand too close to the fireplace or heaters, clothing can catch on fire.

6. Teach young children that matches and lighters are tools for adults, not toys.

7. Plan fire escape routes and practice them.

8. Be a careful, considerate driver, don’t drink and drive.

9. Buckle everyone, children are safest in the back seat.

10. Remind children to wear a helmet for every ride. It’s the law!