breast cancer uk.

Ditch the Ditch the Ditch the

Inspiring, mindful drink recipes crafted to nourish your spirit and make your journey away from alcohol smoother and more enjoyable.



Produced with the kind support of our Brand Ambassador, Camille Vidal.

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Disclaimer: The information and recipes contained within this book have been written for members of the UK public. We do not have specific recipes for people with breast cancer. If you have been diagnosed with breast cancer, before changing any aspect of your diet, please consult a medical professional. Breast Cancer UK is a breast cancer prevention charity and is unable to offer specific advice about the diagnosis or treatment of breast cancer. If you are worried about any symptoms please consult your doctor.

Meet our Ambassador,

Camille Vidal



Camille Vidal, also known as Mindfully Cami, is a globally recognised mindful drinking expert, founder of La Maison Wellness, and creator of Mindful Cocktails™. With nearly 20 years in the drinks industry, she's on a mission to inspire people to drink well and live well. Through her work as an educator, speaker and content creator, Camille empowers others to build a more intentional and joyful relationship with alcohol – one mindful sip at a time.

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Our Top Tips

Track What You Drink

Start by keeping a diary or using an app. You might be drinking more than you realise; awareness is everything in making meaningful changes.

Add in Alcohol-Free Days

Give your body a break by choosing a few days each week to go without alcohol. Notice how it shifts your energy, sleep and mood.

Drink With Intention

Ask yourself: Do I really want this drink? Or is it just habit, pressure or boredom? Choose what truly serves you.

Reduce Your Measures

Smaller glasses, lighter pours, or lower-ABV options can help cut down without cutting out completely.

Our Top Tips

Alternate Your Drinks

Use the zebra striping technique; switch between alcoholic and alcohol-free drinks to pace yourself and stay present.

Find Your Go-To AF Options

Stock up on alcohol-free cocktails, beers, wines or functional drinks you actually enjoy. Make mindful sipping feel good.

Rethink Social Habits

Say yes to plans that aren't always centred around drinking. From yoga to brunch, there's more to connection than cocktails.

Share Your Goals

Let your friends know you're drinking more mindfully. You might be surprised how supportive they are; and how many are doing the same.

Mango Margarita

PORTION SIZE: 2
PREPARATION

Ingredients

400ml fresh orange juice
120ml lime juice
2-3 tbsp honey/maple syrup
200g frozen mango
100ml alcohol-free tequila
Sea salt to salt the glasses
1-2 limes, sliced

Mixology

Run a lime wedge along the rim of the glass to moisten it. Gently dip the rim into a plate of sea salt, turning to evenly coat. In a blender, combine the remaining ingredients. Blend for 15–20 seconds until smooth and thick. Pour the margarita mixture into the prepared glass. Garnish with fresh lime or mango slices.



Glassic Margarita

PORTION SIZE: 2
PREPARATION

Ingredients

50ml alcohol-free tequila
25ml Monin Triple Sec
Curaçao
25ml lime juice
Sea salt for the glass rim

Mixology

Add all ingredients to a cocktail shaker and shake well. Run a lime wedge around the rim of your glass, then dip the rim into sea salt to coat evenly. Fill the salt-rimmed glass with ice, pour in the cocktail, and garnish with a fresh lime slice.



Fresh off the Fig Tree

PORTION SIZE: 2
PREPARATION

Ingredients

4 fresh figs (extra for garnish)

Ice

50ml alcohol-free tequila

Rosemary

Mixology

Place the figs in a cocktail shaker and muddle thoroughly to release their juices. Add ice and alcohol-free tequila to the shaker and shake vigorously until well-chilled. Take a sprig of rosemary and gently slap it against the inside of the glass and around the rim to release its natural oils. Strain the mixture into the glass. Garnish with fresh fig slices.



Papaya Paloma

PORTION SIZE: 2
PREPARATION

Ingredients

The juice of 1 papaya
(or the traditional grapefruit)
50ml alcohol-free tequila
50ml orange juice
Ice
Rosemary

Mixology

Giving the traditional

grapefruit Paloma a tropical upgrade with fresh papaya.

Juice the papaya, then combine all the ingredients in a cocktail shaker and shake well. Pour over ice into a tall glass, and garnish with a slice of papaya, a sprig of rosemary or both for an extra flourish!



Pomegrapate Pleaser

PORTION SIZE: 2

PREPARATION

Ingredients

50ml alcohol-free tequila
15ml pomegranate juice
Splash sparkling water
1 orange
Pomegranate seeds

Mixology

Simply build the drink directly in the glass - a chilled tumbler served with ice works perfectly. Top with sparkling water, and mist with a squeeze of orange before serving. Finish with a spoonful of pomegranate jewels for a vibrant touch.



Agare Appletini

PORTION SIZE: 2
PREPARATION

Ingredients

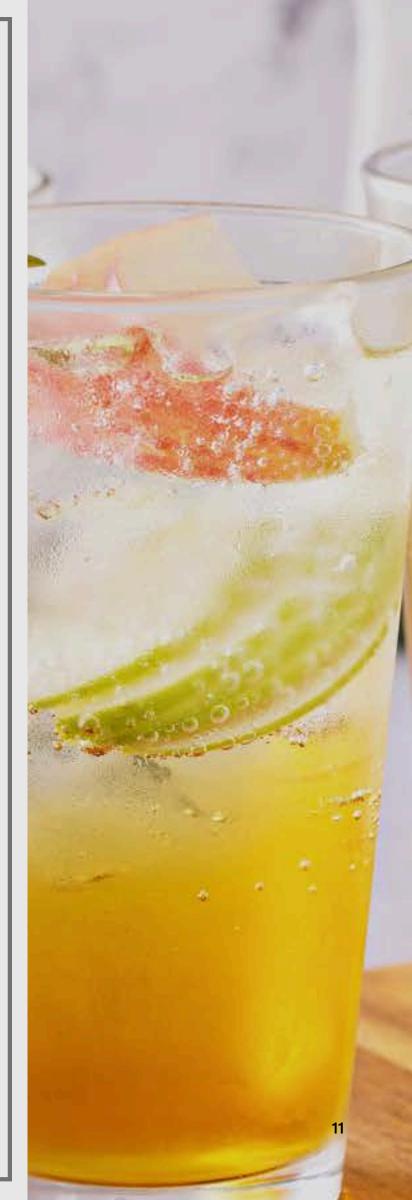
50ml alcohol-free tequila
60ml apple juice
Soda water
Apple slices
1 lemon

Mixology

Begin by pouring the alcoholfree tequila into a chilled glass.

Add the apple juice, then top
gently with soda water.

Garnish with a delicate fan of
fresh apple slices resting
gracefully on the rim. Peel a
strip of lemon zest and give it
a sharp twist over the glass to
release a fine mist of citrus
before serving.



Mojito

PORTION SIZE: 1
PREPARATION

Ingredients

Crushed ice
3 limes, juiced
Soda water
1 tsp of sugar
Small bunch of mint

Mixology

Build your drink. Use a tumbler glass for the perfect presentation. Fill the glass with crushed ice, then add fresh lime juice, soda water, and sugar. Gently roll the mint leaves between your fingers to release their fragrance, then tuck them into the glass. Give the drink a gentle stir to blend the flavours. Sip, savour, and enjoy!



Strawberry Daiquiri

PORTION SIZE: 1

PREPARATION

Ingredients

4 ice cubes
1 tbsp lime juice
Soda water
2 large strawberries, hulled
2 tsps white sugar (for the rim)

Mixology

Begin by adding ice, fresh lime juice, soda water, and hulled strawberries into a cocktail shaker. Shake vigorously until well chilled and infused. Strain the mixture into a glass. For an optional upgrade, rim the glass with lime and sugar.



Hugo Spritz

PORTION SIZE: 1
PREPARATION

Ingredients

50ml elderflower, alcohol-free liqueur 100ml alcohol-free sparkling wine 50ml soda water

Mixology

Fill your wine glass with ice cubes and pour in the elderflower liqueur. Add your favourite sparkling wine and top up with soda water.

Garnish, et voila!



Adrenal Mindful Gocktail

PORTION SIZE: 1
PREPARATION

Ingredients

1 orange
Half a lemon
A pinch of salt
90ml coconut water
Top up with sparkling water
Alcohol-free sparkling wine if
you're feeling fancy!

Mixology

Build this cocktail in a mixing glass. Start by adding the fresh juice of one orange, half a lemon, salt and coconut water. Pour over ice and top up with either the sparkling water or AF sparkling wine.



Garden Party Gooler

PORTION SIZE:1
PREPARATION

Ingredients

Handful of strawberries

Basil

Cucumber

Crushed ice

50ml alcohol-free gin

10ml lime juice

50ml watermelon juice

Soda water

Mixology

Muddle your strawberries and basil and add to your glass, then create your cucumber ribbon and stick it to the inside. Fill with crushed ice right to the top, before pouring in the gin, lime juice & watermelon juice. Add soda water, stir gently so as not to disturb the bubbles, and garnish.



Paradise Palmer

PORTION SIZE: 1
PREPARATION

Ingredients

50ml Earl Grey tea,
sweetened with raw honey
25ml lemon juice
Alcohol-free beer

Mixology

Make a cup of sweetened Earl
Grey tea and let it cool a
little. Fill your glass with
crushed ice and push a couple
of lemon wheels around the
outside. Pour in your cooled
tea and lemon juice, adding
more ice as needed. Top up
with the alcohol-free beer,
garnish with the mint sprig, et
voila!



Pink Blossom Spritz

PORTION SIZE: 1

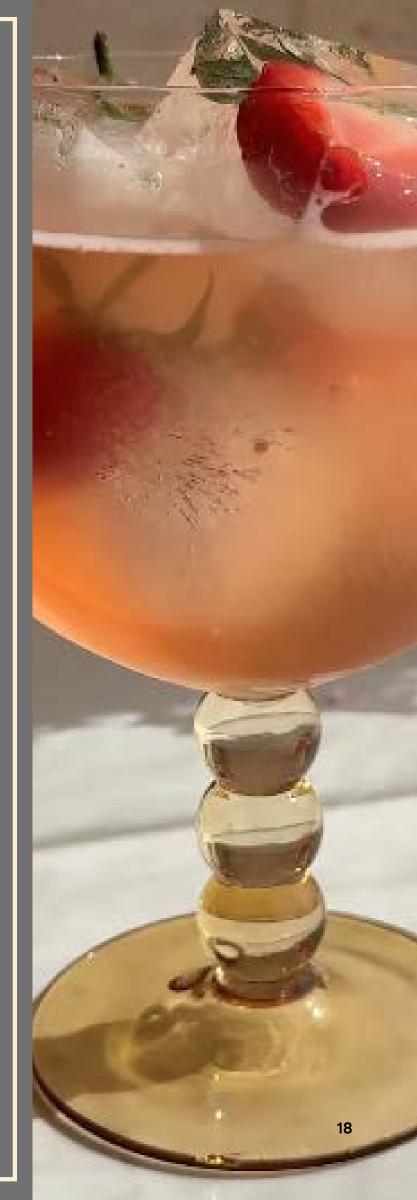
PREPARATION

Ingredients

50ml non-alcoholic aperitif
50ml grapefruit soda
Top up with alcohol-free
sparkling rosé
Ice cubes (try adding
strawberries before freezing)

Mixology

A delicate and refreshing cocktail that captures the essence of spring in every sip!
Simply pop your cute ice cubes in, build your drink and garnish with a slice of grapefruit for that uplifting, zesty finish.



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