

breast
cancer uk.

Ditch the Drink

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.



Classic Margarita

PORTION SIZE: 2

PREPARATION

Ingredients

Ice

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!



Pomegranate Pleaser

PORTION SIZE: 2

PREPARATION

Ingredients

Ice

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.



Agave Appletini

PORTION SIZE: 2

PREPARATION

Ingredients

50ml alcohol-free tequila

60ml apple juice

Soda water

Apple slices

1 lemon

Mixology

Begin by pouring the alcohol-free 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 tps 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 Cocktail

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 Cooler

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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