

Pick you Poison: Coconut Water Mojito Mocktail (for Dry September)

As I am partaking in [Dry September for Children with Cancer UK](#) (on which note, I'm not even halfway through the month and I could MURDER a G&T, mainly thanks to the toddler once again pooing on the carpet upstairs. Potty training is just the best! Said no person ever) I have created another Mocktail to try and get through the month.

This is a take on a Mojito, but using Coconut Water, and it is packed full of refreshing flavours, so much so, you'll barely notice the lack of alcohol...oh, who am I kidding, it's not quite the same but it's really pretty darn good!

Ingredients

(Makes 1 glass)*

Cubed Ice

1/2 Lime cut into wedges

100ml Coconut Water

100ml Sparkling Water

3 sprigs of fresh mint

1/2 tsp of Sugar, unrefined is best

*If you want to 'cheat' (i.e: make life simpler for yourself) you can also buy a ready made [Mojito base mixer such as this](#)

[one from Ocado](#) – I have tried this one and I love it. Just add 25ml of this base mixer to a glass, add 100ml of coconut water and top with 100ml of sparkling water. Finish with some lime wedges, ice and fresh mint! Easy peasy!

Method

- 1 – Add lime wedges into a glass and give them a squish with a muddler or a spoon.
- 2 – Hit the mint leaves a bit to get them to release their oils (good for getting rid of anger) and pop them in the glass.
- 2 – Add the sugar and, using your spoon or muddler again, smush the ingredients together in the glass.
- 3 – Add your cubed ice, the coconut water and the sparkling water to the glass and stir a little.
- 4 – Garnish with some more fresh mint and add a straw!

Enjoy!



Do let me know over on my [Facebook](#) page if you have a go at this!

Gem.x

Pick your Poison: Dry September Mocktail – Pink Fruit Fizz

As I am partaking in Dry September for Children with Cancer UK ([read my post about why I am doing it here](#)), I thought I would do a few Mocktails to help get me through the month. I must sound like an alcoholic, I'm really not, but I do feel the need for a G&T of a Friday night most weeks.

Still, it's all for a good cause so here is my first Mocktail for you all.

A really simple one to get us started, but that is actually really delicious!

Pink Fruit Fizz!

It's quick, easy, fruity and very refreshing.

Ingredients

(makes 1 glass)

50ml Grenadine Syrup (I got mine from Ocado)

1 can of fizzy Lemonade, the more lemony the better!

Ice



Method

- 1 – Place the Grenadine Syrup and Ice in a glass
- 2 – Slowly pour over the Lemonade and pop in a straw!

Done!

See, I told you it was an easy one! If you wish to add a few mint sprigs or Frozen Raspberries to jazz it up a bit, you can.

Forget the Schloer, this is where it's at!

If you have a go at this Mocktail, do let me know over on my [Facebook page](#) or on [Instagram](#) by tagging me @lifeisknutts

Gem.x

Dry September for Children with Cancer UK

Something strange is happening here.

Very strange.

(No, I'm not plugging the show Stranger Things, though if you haven't caught this new Netflix series and like your spooky stuff, do give it a watch! Me and Mr Knutts loved it!)



It would appear that I have just realised that I haven't had an alcoholic drink for over a week.

I know Knutters, pick your jaws up off the floor, I couldn't quite believe it either.

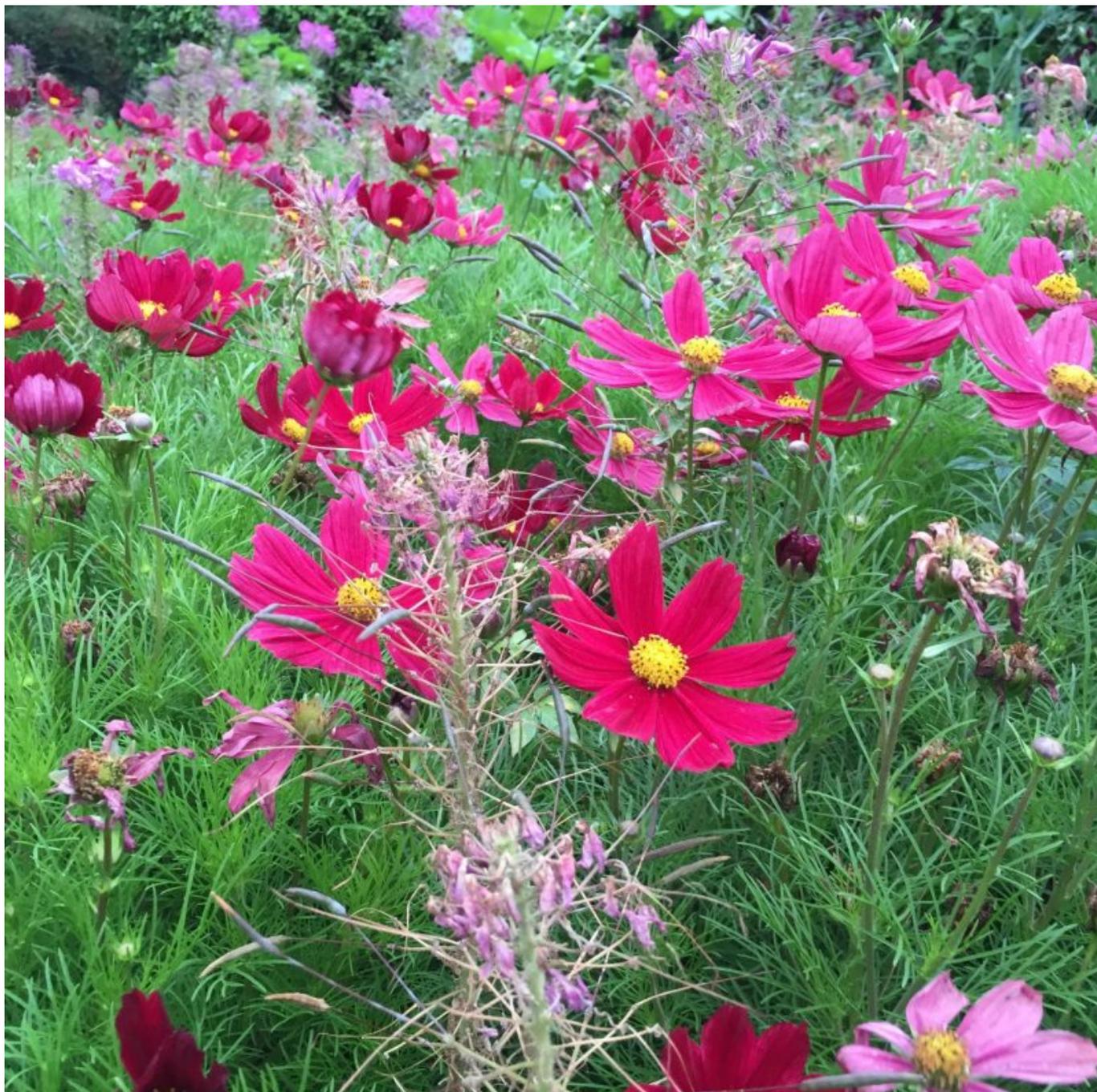
[via GIPHY](#)

Don't ask me why I haven't, because I'm not particularly sure myself. All I can put it down to is that it's been a bit busy with back to school for the older two, a start at pre-school for the troublesome toddler, my mum's 60th birthday and various other shenanigans and I have just been 'too busy' to drink. Madness I know. I told you something strange was going on...

Because I have managed thus far without alcohol, it's now 8th September, I figured I might as well join in with Dry September for Cancer Research...kind of. One of my lovely mummy friends from school is doing Dry September and I think that is what made me have my moment of realisation. She is a bit

brilliant and will totally smash it for an absolutely amazing cause (well done Kim!)

I figured, rather than registering officially for Dry September on the Cancer Research website, I would instead post a link to Children with Cancer UK on here and, if you fancy donating some pennies to them in support of my alcoholic abstinence, that would be amazing.



I have chosen to do this because, sadly, Children with Cancer UK do not benefit from any fundraising via Cancer Research UK

and, for me at the moment, my heart lies with the childhood cancer charity.

You may or may not have read one of my posts earlier in the year which I wrote about a little lad at my son's school called Sam.

Sam is 8 and has cancer.

After over 3 grueling years of treatment for him and his family, there is now some light at the end of the tunnel because, all being well, Sam should finish his treatment sometime around April next year.

It came from out the blue, a happy, healthy child one minute and then, after a few odd symptoms reared their ugly head and a number of tests in hospital, the diagnosis came.

A family in shock and a little lad whose life would now become very different.

[You can read this original post here, it explains everything should you wish to learn more about Sam, his story or Children with Cancer UK.](#)

September is
Childhood
Cancer
awareness
month



So, in honour of Childhood Cancer Awareness Month, I am not having any alcohol at all. I might be a gibbering wreck by the end of it but any stress I feel doing this is nothing in comparison to that experienced by Sam and his family. I just wanted to help if I could.

If you can spare a few pennies to donate to Children with Cancer UK, and support me in staying dry for the month, you can do so by clicking here.

Thanks so much in advance Knutters.

And stay posted for some Mocktail recipes coming to my blog soon to help get you through the month if you're also abstaining from alcoholic beverages!

Gem. x