



LITERARY MOCKTAIL  CLASSIC  LITERATURE

# BAH HUMBUG



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NEW SOUTH WALES

# BAH HUMBUG

DRUG INFO  
@druginfo.nsw

## RECIPE

**Pomegranate juice**

**Juice of half a lime**

**Soda water**

**6 mint leaves**

**Ice**

**Pomegranate seeds  
and lime wedges**

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**Muddle the mint leaves  
in a glass. Add ice  
and lime juice.**

**Half fill the glass with  
pomegranate juice.  
Top up with soda water  
to taste. Garnish with  
pomegranate seeds  
and lime wedges.**

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## CLASSIC LITERATURE

*A CHRISTMAS CAROL*  
BY CHARLES DICKENS WAS  
ORIGINALLY PUBLISHED IN 1843.

Drug Info is a partnership between  
the NSW Ministry of Health and  
the State Library of NSW

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**Current Australian  
Guidelines recommend  
no more than two standard  
drinks per day for women  
and men, in addition  
to one or two alcohol free  
days per week.**

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## How can you reduce your intake?

- Enjoy a mocktail!
  - Drink water instead of alcohol and use it to quench your thirst.
  - Sip alcoholic drinks slowly.
  - Alternate alcoholic drinks with water.
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**For more information  
visit Drug Info**  
[druginfo.sl.nsw.gov.au](http://druginfo.sl.nsw.gov.au)

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