

# Baby Proof Mocktails For The Mom To Be

Pregnancy is a beautiful journey filled with joy and anticipation. While some women may miss having a glass of their favorite cocktail, there are plenty of delicious and alcohol-free alternatives to keep the cravings at bay. Whether you're hosting a baby shower or simply want to indulge in a refreshing drink, these baby proof mocktails are the perfect choice for any mom to be.

## 1. Sparkling Raspberry Lemonade

Get ready to quench your thirst with a delightful combination of fresh raspberries and tangy lemonade. To make this luscious mocktail, you'll need:

- 1 cup fresh raspberries
- 4 cups lemonade
- Soda water

In a blender, puree the raspberries until smooth and strain the mixture to remove the seeds. In a pitcher, combine the raspberry puree and lemonade. Stir well and add soda water for a sparkling touch. Serve chilled with a garnish of fresh raspberries and a lemon slice.



## Baby Proof: Mocktails for the Mom-to-Be

by Owen Conti (Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English

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Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled



## 2. Minty Watermelon Refresher

Stay cool this summer with a minty watermelon refresher. This mocktail is not only refreshing but also packed with essential vitamins and minerals. Gather these ingredients:

- 2 cups watermelon chunks
- 1 cup sparkling water
- A handful of fresh mint leaves
- 1 tablespoon honey (optional)

In a blender, combine the watermelon chunks, sparkling water, mint leaves, and honey. Blend until smooth and strain to remove any pulp. Pour into a glass with ice and garnish with a sprig of mint. Sip and enjoy the crisp and minty flavors of this mocktail.

## 3. Virgin Mojito

A classic favorite, the virgin mojito is a hit at any gathering. Indulge in the zesty flavors without the alcohol. Here's what you'll need:

- 1 lime, cut into wedges
- A handful of fresh mint leaves
- 2 tablespoons sugar
- 1 cup soda water

- Ice cubes

In a glass, muddle the lime wedges, mint leaves, and sugar together until the juices release. Fill the glass with ice cubes and top it off with soda water. Give it a gentle stir and garnish with a sprig of fresh mint. Savor the tropical vibes in this alcohol-free twist on a classic cocktail.

#### **4. Fruity Mocktail Punch**

For a crowd-pleasing mocktail, try this fruity punch that bursts with flavors of tropical fruits. It's perfect for baby shower celebrations! Gather these ingredients:

- 1 cup mango juice
- 1 cup pineapple juice
- 1 cup orange juice
- 1 cup cranberry juice
- 1 cup soda water

In a large pitcher, combine all the juices together. Stir well and add soda water for a fizzy kick. Serve in punch glasses with ice and garnish with a colorful fruit skewer. Cheers to a refreshing and vibrant mocktail punch!

#### **5. Peach Bellini Mocktail**

The Peach Bellini is a popular cocktail, but this alcohol-free version is just as enjoyable! Toast to your little one's arrival with this delightful mocktail. Gather these ingredients:

- 2 ripe peaches, peeled and chopped
- 1 tablespoon honey

- 1 cup sparkling water

In a blender, blend the peaches and honey until smooth. Strain the mixture to remove any pulp. Pour the peach puree into a glass and top it off with sparkling water. Stir gently and garnish with a peach slice. Sip and savor the sweetness of this fantastic mocktail.

These baby proof mocktails are not only enticing but also a safe and healthy choice for moms-to-be. So, indulge in these refreshing and flavorful beverages while awaiting the arrival of your little bundle of joy. Cheers!



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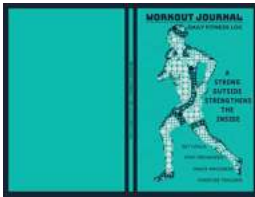


What to drink when you're expecting.

When blogger Nicole Nared-Washington got pregnant, she knew she was going to miss Bellinis with her girlfriends and a glass of wine with dinner—and then she realized she this was an opportunity to stay social and fun without the booze. In *Baby Proof*, Nared-Washington shares the 50 recipes that got her through dinner parties, barbecues, date nights, and even morning sickness. She uses fresh fruit and herbs to create non-alcoholic drinks such as:

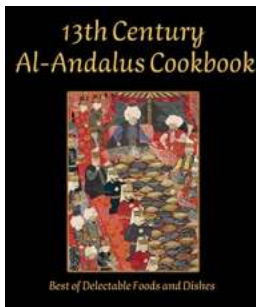
- Baby Sunrise
- White Grape and Basil Spritzer
- Raspberry Leaf Sangria

You don't need the spirits to enjoy the cocktail (honestly!).



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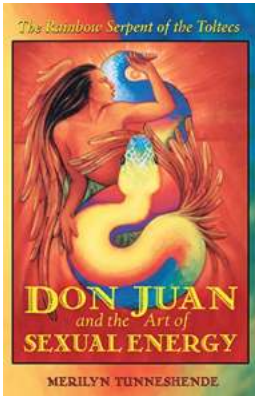
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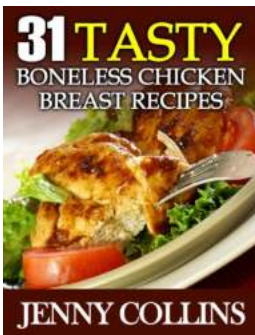
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