

9 months of mocktails

Celebrate right up to delivery with these amazing non-alcoholic drink recipes

By **Kate Geagan, M.S., R.D.**

For some, saying bye-bye to booze is a cinch. But the prospect of 40 dry weeks can be puzzling—even for the most devoted mom-to-be. Fortunately, with these alcohol-free recipes, you can keep hosting girls' night in style.

Despite what your friends may say about "the women in France," alcohol when you're expecting is definitely a no-no; it can cause a range of serious conditions known as fetal alcohol spectrum disorders. But you can prevent these birth defects by merely not drinking, so all leading health organizations still recommend women avoid alcohol completely during their pregnancies.

Besides lifting the liquor, to be sure you're treating your body (and baby) right, we've packed these beverages with healthy ingredients.

Kate Geagan, M.S., R.D., is an award-winning dietician in Park City, UT, and author of *Go Green, Get Lean: Trim Your Waistline with the Ultimate Low Carbon Footprint Diet*.

Top mocktail munchies

- **Shelled pistachios warmed with curry.** These nuts are packed with more than 30 vitamins, minerals, and phytonutrients important for both you and baby.
- **Air-popped popcorn with five-spice powder.** Provides 3 grams of fiber and a serving of healthy whole grains.
- **Roasted, salted pumpkin seeds.** Known as *pepitas* in Mexican cuisine, these flat, green seeds provide nearly a quarter of a day's iron in a 1 oz. serving.

DECEMBER

"I teach cocktail classes all around the country and the one thing I stress more than anything else is fresh ingredients. Squeezing lemons and limes, muddling fresh fruits and herbs; this makes any drink taste better—and better for you."

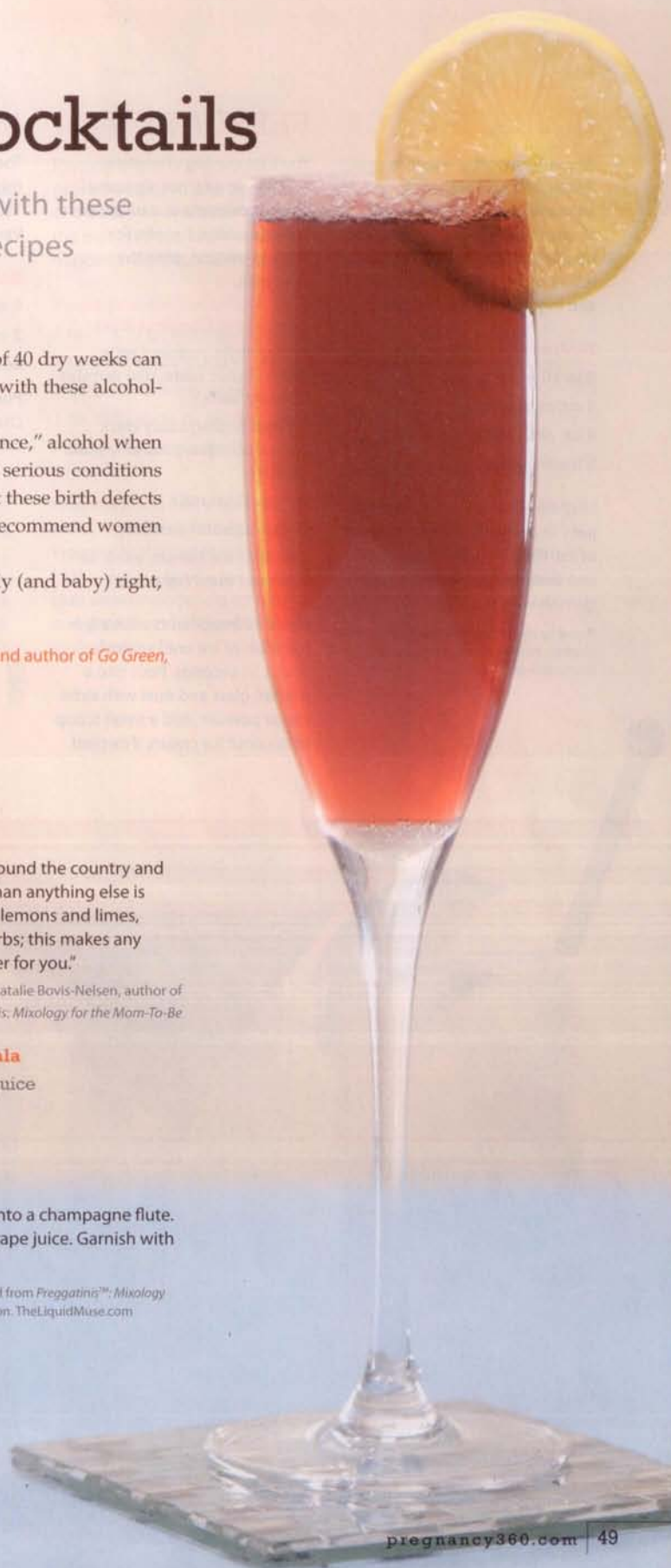
—Natalie Bovis-Nelsen, author of *Preggatinis: Mixology for the Mom-To-Be*

Hanukkah Bubbly Bubbala

Sparkling concord grape juice
 ½ oz. lemon juice
 1 tsp. granulated sugar
 1 lemon wheel

Pour sugar and lemon juice into a champagne flute. Fill with sparkling concord grape juice. Garnish with lemon wheel.

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JANUARY

Alyssa Gusenoff, a "mommy mixologist" and author of *Margarita Mama: Mocktails for Moms-to-Be*, offers this tip for any budding mocktailista: "The key is trial and error with the flavors and ingredients you like best."

Nothing Fits Fizz

8 to 10 mint leaves
4 oz. mango juice
4 oz. club soda
2 lime wedges

Muddle mint leaves with mango juice in a tall glass. Add a handful of ice, then club soda. Squeeze one lime wedge into the glass; garnish with the other.

Recipe by Alyssa Gusenoff, *Margarita Mama: Mocktails for Moms-to-Be* (Quirk, 2008)
MocktailsForMomsToBe.com

FEBRUARY

You'll be craving chocolate anyway, so why not sip some? The antioxidants in dark cocoa provide added benefit. For a vegan version, omit the skim milk.

Chocolate Coconut Kiss

½ cup light coconut milk (for a richer taste, use regular coconut milk)
2 Tbsp. high-quality dark cocoa powder, plus extra for garnish
¼ cup skim milk
¼ tsp. almond extract
Coconut ice cream, such as Coconut Bliss (optional)

Blend all ingredients with a few handfuls of ice until smooth, about 30 seconds. Pour into a martini glass and dust with extra cocoa powder. Add a small scoop of coconut ice cream, if desired.

MARCH

Toast your second trimester with this easy bubbly, inspired by the 1930s classic from Harry's Bar in Venice, Italy.

Baby Bellini

6 oz. chilled sparkling cider
2 oz. peach nectar
Lemon twist

Pour cider and nectar into a champagne flute. Add lemon twist and serve.

APRIL

This mocktail tastes (almost) like the real thing. If your blood pressure is normal and you crave a little salt around the rim, go for it.

Mama's Margarita

Margarita salt (optional)
1½ oz. sweet and sour mix
¼ oz. fresh orange juice
½ oz. fresh lime juice
Limes

Salt the rim of a margarita glass, if desired. Blend mix and both juices with a handful of ice until smooth. Pour into glass. Or, pour mix and both juices into a cocktail shaker half-filled with ice. Shake vigorously, strain into glass, and add more ice and limes, if desired.

