

**NO AMOUNT
OF ALCOHOL
IS PROVEN
SAFE WHILE
PREGNANT.**

#DRY9

START
YOUR **DRY9**
at Dry9.ca

DRY9
APPROVED

Delicious mocktail recipes inside.





MOCKTAILS!

A SAFE AND SATISFYING WAY TO CELEBRATE WHILE YOU'RE PREGNANT.

Just because you're expecting doesn't mean you can't enjoy sipping on a refreshing mocktail. These delicious non-alcoholic drinks are always fun and refreshing.

Remember, there's no safe amount of alcohol to drink during any stage of pregnancy. Enjoy these tasty mocktails!

VIRGIN BAHAMA MAMA'S PARTY PUNCH

12 oz. bottle grenadine
8 cups grapefruit juice
8 cups orange juice
8 cups pineapple juice
½ L lemon-lime pop
Garnish: orange slice



Combine all ingredients (except orange slice) in a punch bowl. Put one orange slice per glass with ice, pour punch over top and enjoy with the girls.

MOM COLLINS

Fresh lemon juice
Club soda
Lemon slices
Ice
Sugar syrup*



Combine 1 part lemon juice with 1 part sugar syrup in a tall glass filled with ice. Top off with 3 to 4 ounces club soda. Garnish with lemon slices and cheers to your big news!

*Dissolve 2 parts sugar in 1 part boiling water. Let cool.



VIRGIN MUM-OSA

Combine 2 parts chilled orange juice with 3 parts chilled, dry sparkling white grape juice. Garnish with an orange slice and mum's the word!

CAESAR JR.

Fresh lime juice
Celery salt
½ tsp Worcestershire sauce
¼ tsp Tabasco sauce
Juice of ¼ fresh lime
Clamato juice
Celery stalk to garnish



Rim glass with lime and celery salt. Fill with ice and add Worcestershire, Tabasco, and lime juice. Top with Clamato, stir, and garnish with a crisp celery stick. Junior approves!



BROWN COW GOES MOO

Combine ½ cup of evaporated milk with 2 cups of root beer. Mix then split between two tall cocktail glasses. Add ice to fill the glass. Drizzle chocolate sauce on the top and enjoy some delicious decadence.