

# Let's Talk

Drinking any amount of alcohol while pregnant, or trying to get pregnant, puts babies at risk for FASDs. Special events are no exception. Make your get-togethers fun and safe for moms-to-be by including alcohol-free cocktail options!

## Mock-a-rita

- 2 oz sour mix
- 1 splash lime juice
- 1 splash orange juice
- ice cubes
- lime wedge

**Directions:** Blend the ingredients with ice. Serve in a salt-rimmed margarita glass. Garnish with the lime wedge.

## I'll Fake Manhattan

- 1 ½ oz cranberry juice
- 1 ½ oz orange juice
- 2 dashes orange bitters
- 1 dash grenadine
- 1 dash lemon juice
- ice cubes

**Directions:** Stir the ingredients with ice and strain into a chilled cocktail glass.

## Nojito

- 6-8 large mint leaves
- 1 oz fresh lime juice
- ¾ tbsp. rum extract (non-alcoholic)
- 2 tbsp. brown sugar
- 4 oz club soda or lemon-lime soda

**Directions:** Muddle the leaves with the lime juice and brown sugar in a tall glass. Fill with ice cubes and add the rum extract and soda. Stir and garnish with more mint leaves.

## Virgin Mary

- salt, pepper and celery salt to taste
- 1 dash Worcestershire sauce
- 1 dash Tabasco sauce
- 1 dash lime juice
- 6 oz tomato juice
- ice cubes
- celery stalk and lime wedge

**Directions:** Starting with the spices, build the ingredients in a tall, ice-filled glass. Garnish with celery stalk and lime wedge.

## Mockmosa

- 2 parts orange juice
- 2 parts dry sparkling white grape juice

**Directions:** Serve chilled in champagne flute or white wine glass.

