

MUMÊHOOD

Mocktails

FOR MUMS + MUMS-TO-BE



MUMHOOD

Did you always maintain that having a baby wouldn't change anything when it came to your friends? Why don't you prove to everyone that you really can do it all super-mum style and throw a little drinks party?

Here are some top tips on how to make it all super simple. And of course, if you're pregnant or breastfeeding, it will be limited alcohol for you, but that's OK with these three sophisticated mocktail recipes that aren't mega sickly sweet and sugary.

MUMHOOD PARTY TIPS:

Tip 1: Keep food super simple – fancy crisps and a few dips always go down well. Little pieces of smoked salmon on mini savory biscuits look pretty and if you're able to knock up some impressive nibbles in advance you can stick them in the freezer all ready defrost on the day of your party.

Tip 2: Use paper plates and napkins so you don't have too much washing up to do.

Tip 3: Invite at least one guest who is crazy about babies (it could even be your mum) just in case yours wakes up and needs some attention.

Tip 4: Don't let the party go on too long – you need your beauty sleep these days! If people are reluctant to leave, flick the trip switch and pretend you are having a power cut... no music, no lights!

MOCK-JITO

1 litre coconut water
2 cucumbers finely sliced
150ml lime juice
1 large handful chopped mint

Muddle the cucumber, mint and lime juice in the bottle of a pretty glass jug. Add plenty of ice and then pour coconut water to fill the jug. Serve in highball glasses (straws + cocktail umbrellas encouraged!).



MUMĚHOOD

LAVENDER LEMONADE

1 ½ litres water
6 tablespoons honey
4 tablespoons dried lavender
200ml fresh lemon juice

Boil water and add to honey in a heat proof pot. Crush lavender and add to pot. Cool and steep in fridge for 2 hours. Strain and serve with lemon juice and ice.

HOT AND SPICY WATERMELON COOLER

150ml water
50g sugar
1 jalapeno pepper, halved lengthways
½ a small watermelon, cut into cubes
200ml coconut water
lime & mint for serving (optional)

Heat the water and the sugar in a small pan until all the sugar has dissolved, add the halved jalapeño and simmer for 5 mins, adding a little more water if necessary. Allow to cool before removing the jalapeños.

Put the watermelon, coconut water, and half the jalapeño mixture to a blender and wizz up for about 30 seconds until very smooth and frothy. Taste for spice and add more jalapeño mix, if necessary. Serve immediately over ice with a squeeze of lime and a sprig of mint.

