



Navigating Christmas Events *While Secretly Pregnant*

**TIPS FOR ENJOYING CHRISTMAS EVENTS WHILE
SAFEGUARDING YOUR PREGNANCY SECRET**

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Delicious Mocktails For *The Holidays*

**Crafting Festive Memories: A Collection of
Delectable Mocktails for Every Celebration**

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Citrus & Cranberry Mocktail

RECIPE SERVES 2

INGREDIENTS

- 1/2 cup (4 fl oz/120ml) cranberry juice (chilled)
- 1/2 cup (4fl oz/120ml) orange juice (freshly squeezed and chilled)
- 1 tbsp lime juice (freshly squeezed)
- Sparkling water or club soda (chilled)
- Ice cubes
- Fresh cranberries (for garnish)
- Orange slices (for garnish)
- Mint leaves (for garnish)

HOW TO MAKE:

- Fill a glass halfway with ice cubes.
- Pour the cranberry juice and orange juice over the ice.
- Add the lime juice to the mixture.
- Top off the glass with sparkling water or club soda to taste, depending on how fizzy you like your mocktail.
- Gently stir the mocktail with a spoon to combine all the flavours.
- Garnish with fresh cranberries, an orange slice on the rim, and a sprig of mint.
- Serve immediately and enjoy.

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Sparkling Pomegrenate Mocktail

RECIPE SERVES 2

INGREDIENTS

- 1/2 cup (4fl oz/120ml) pomegranate juice, chilled
- 1 tablespoon lemon juice, freshly squeezed
- 2 teaspoons honey - adjust to taste
- Sparkling water or club soda, chilled
- Ice cubes
- 2 tbsp Fresh pomegranate seeds
- Fresh thyme sprigs for garnish
- Lemon slice for garnish

HOW TO MAKE:

- In a cocktail shaker, combine the pomegranate juice, lemon juice, and honey. Shake well until the honey is dissolved and the mixture is well combined.
- Fill a glass with ice cubes to keep your mocktail cold.
- Strain the pomegranate mixture into the glass over the ice.
- Top off the glass with sparkling water or club soda, depending on your preference for fizziness.
- Stir the mocktail gently to integrate the flavours.
- Add 1 tbsp of fresh pomegranate seeds to each glass for a pop of colour and texture.
- Garnish with a sprig of fresh thyme and a lemon twist for an extra touch, and serve immediately.

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Refreshing Watermelon Mojito *Mocktail*

RECIPE SERVES 2

INGREDIENTS

- 3/4 cup (6 floz / 180ml) Frozen Watermelon (Seedless)
- 1/4 cup (2 floz / 60ml) Frozen Strawberries
- 1 tbsp Lime Juice
- 3 Fresh Mint Leaves
- 1 cup (8 floz / 250ml) Sparkling Water/Soda Water
- 6 Ice Cubes

HOW TO MAKE:

- Begin by combining the lime juice and mint leaves in the base of a sturdy glass. Using a wooden muddler or the back of a wooden spoon, press down on the mint leaves 3 to 4 times. Press enough to bruise the leaves and release their fragrant oils, not to shred them.
- Add the frozen watermelon and strawberries to a high-speed blender and pulse until they are pureed.
- Transfer the pureed fruit into the glass over the muddled mint and lime.
- Add the ice cubes to the glass with sparkling water.
- Stir gently and enjoy.

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Pomegrenate *Mimosa*

RECIPE SERVES 2

INGREDIENTS

- 1 1/2 cups (12 floz / 360ml) Sparkling Water
 - 1/2 cup (4 fl oz/120ml) Pomegranate Juice
 - 1/4 cup (2 floz / 60ml) Lime Juice
 - 1/4 cup (2 floz / 60ml) Pomegranate Seeds
 - 2 pieces Rosemary (Fresh)
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- Divide the ingredients to make yourself TWO drinks.
 - Pour the sparkling water into a champagne flute until about half full. Next, pour the pomegranate juice into the flute until it becomes a pink/red colour, leaving about an inch or two from the top of the glass.
 - Pour 2 tbsp of the lime juice and add 2 tbsp of pomegranates. Garnish with a sprig of fresh rosemary to enjoy.

HOW TO MAKE:

- Split the ingredients evenly to prepare two separate servings.
- Fill each champagne flute halfway with sparkling water.
- Then, add pomegranate juice to each until the liquid takes on a pinkish colour, stopping roughly an inch or two below the rim.
- Add 2 tablespoons of lime juice into each flute and drop in 2 tablespoons of pomegranate seeds.
- Finish off each drink with a sprig of fresh rosemary for garnish, and savour the delightful blend.



Peach Mocktail

RECIPE SERVES 2

INGREDIENTS

- 3/4 cup (6 floz / 180ml) Frozen Peaches
- 1 tsp Honey
- 3 Mint Leaves (Fresh)
- 1 tbsp Lemon Juice
- 1 1/2 cups (12 floz / 360ml) Sparkling Water
- 6 Ice Cubes
- 1/2 cup (4 fl oz / 120ml) Still Water

HOW TO MAKE:

- Place the mint leaves and lemon juice in a glass and press them together with a muddler.
- A wooden cocktail muddler or the blunt end of an unfinished wooden spoon works best for this—press down gently on the mint leaves 3 to 4 times to extract the flavours without tearing the leaves.
- Next, combine still water, honey, peaches, and ice in a blender
- Blend to a slushy consistency.
- Pour this peach mixture into your glass over the muddled lemon and mint.
- Finally, fill the glass with sparkling water, gently stir, and your refreshing drink is ready to be enjoyed.

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Strawberry Mimosa Mocktail

RECIPE SERVES 1

INGREDIENTS

- 1/2 cup (4fl oz/120ml) White Grape Juice
- 1/2 cup (4fl oz/120ml) Fresh Strawberries (Ripe. Washed, stems removed & quartered)
- 1 cup (8 floz / 250ml) Sparkling Water
- 1 Lime (Sliced)
- 6 Ice Cubes

HOW TO MAKE:

- Put the strawberries in a glass and use a fork to lightly crush them, just enough to break them down and release some juice.
- Next, add ice to the glass, pouring in the white grape juice and topping it off with sparkling water.
- Add two slices of lime and tuck in a few fresh mint leaves for an added burst of flavour.

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Raspberry & Apple Mocktail

RECIPE SERVES 1

INGREDIENTS

- 2/3 cup (6 floz / 180ml) Apple Juice
- 1/3 cup (3 floz / 90ml) Frozen Raspberries
- 3/4 cup (6 floz / 180ml) Soda Water
- 6 Ice Cubes
- 3 Mint Leaves (Fresh)

HOW TO MAKE:

- Begin by adding 5 to 6 ice cubes into a tall glass. In a high-speed blender, combine the apple juice and raspberries until smooth. Pour this fruity blend over the ice in the glass. Next, mix in the soda water gently.
- Finish by garnishing with a few fresh mint leaves and scatter a small handful of fresh or frozen raspberries on top for a delightful and picturesque mocktail. Enjoy your refreshing creation!

Happy Holidays, and a Happy New Year

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