



Gummy
**ST. PATRICK'S
DAY MOCKTAILS**

Maternity Comfort
Solutions

Introduction

Are you a pregnant mama looking for some fun and festive St. Patrick's Day mocktails? Look no further!

We've got 30 delicious recipes that will make your St. Paddy's Day celebration extra special.

From classic limeades to creative smoothies, these mocktails are sure to be a hit with everyone in the family.

So grab your favorite green outfit and let's get mixing!

30 Amazing St. Patrick's Day Mocktail Recipes

These are 30 of our favorite St. Patrick's day drinks made with no alcohol.

1. Shamrock Shake: Start with 2 cups of vanilla ice cream and add 1/2 cup of cold milk, a few drops of green food coloring, and a teaspoon of peppermint extract. Blend until smooth and then pour into an individual glass.

2. Green Apple Margarita: Combine 2 ounces each of fresh lime juice, simple syrup, and green apple juice in a shaker. Add ice, shake well, and pour into a glass with a salted rim.

3. Irish Sunrise: Fill a highball glass halfway with orange soda and add 1 ounce of grenadine syrup. Top off the glass with 2 ounces of pineapple juice and garnish with an orange slice if desired.. Shake over ice and strain into a chilled salt-rimmed glass.

4. Minty Limeade: In a shaker, combine 2 ounces each of lime juice and simple syrup, one ounce of mint extract, and a few drops of green food coloring. Shake over ice and strain into a chilled glass.

5. Green Melon Breeze: Start with 2 cups of seedless watermelon and blend until smooth. In a shaker, combine 1/2 cup of the melon puree, 1/4 cup lime juice, 2 tablespoons of simple syrup, and a few drops of green food coloring. Shake over ice and strain into a chilled glass.

6. Lucky Leprechaun: In a shaker, combine 2 ounces each of fresh lime juice, orange juice, and pineapple juice. Add in 1 ounce of simple syrup and a few drops of green food coloring. Shake over ice and strain into a chilled glass.

7. Kale Colada: Start with 2 cups of frozen kale leaves and blend until smooth. Add in 1/3 cup each of coconut milk and pineapple juice, along with 2 tablespoons of agave nectar and a few drops of green food coloring. Blend until combined and pour into glasses with ice.

8. Shamrock Fizz: In a shaker, combine 1-1/2 ounces each of lime juice, simple syrup, and green apple juice. Add in a few drops of green food coloring and shake over ice. Strain into a glass filled with club soda and garnish with an apple slice if desired.

9. Irish Cream Float: In a glass, combine 1 scoop of vanilla ice cream, 1/2 cup cold milk, and 2 tablespoons of Irish cream concentrate. Top off with a few drops of green food coloring and garnish with a mint leaf if desired.

10. Green Tea Slushie: In a blender, combine 1 cup of cold green tea, 1/2 cup each of ice and simple syrup, and a few drops of green food coloring. Blend until smooth and pour into glasses filled with ice.

11. Green Raspberry Smoothie: In a blender, combine 1 cup of frozen raspberries, 1/2 cup each of coconut milk and lime juice, 2 tablespoons of agave nectar, and a few drops of green food coloring. Blend until smooth and pour into chilled glasses.

12. Green Lemonade: In a shaker, combine 2 ounces each of freshly squeezed lemon juice and simple syrup, 1/4 teaspoon peppermint extract, and a few drops of green food coloring. Shake vigorously over ice and strain into chilled glasses with a salted rim.

13. Vanilla Mint Frappe: Start with 1 cup of cold vanilla ice cream and add 1/2 cup of cold milk, 2 teaspoons of peppermint extract, and a few drops of green food coloring. Blend until smooth and pour into chilled glasses.

14. Melon Margarita: In a shaker, combine 2 ounces each of fresh lime juice and honeydew melon puree. Add in 1 ounce of simple syrup, 1/2 teaspoon of peppermint extract, and a few drops of green food coloring. Shake over ice and strain into chilled salt-rimmed glasses.

15. Green Martini with no alcohol: In a shaker, combine 1/2 cup each of lime juice and cucumber puree. Add in 2 tablespoons of simple syrup, 1 teaspoon of peppermint extract, and a few drops of green food coloring. Shake vigorously over ice and strain into chilled glasses. Top off with sparkling water if desired.

16. Green Margarita Slushie: Start with 1 cup of frozen limeade concentrate and add in 1/2 cup each of cold water and simple syrup. Throw in a few drops of green food coloring and blend until smooth. Pour into chilled glasses with salted rims. Enjoy!

17. Minty Apple Fizz: In a shaker, combine 1/2 cup each of apple juice and lime juice. Add in 2 tablespoons of simple syrup, 1 teaspoon of peppermint extract, and a few drops of green food coloring. Shake over ice and strain into chilled glasses with a salted rim. Top off with club soda if desired.

18. Citrus Green Tea: In a shaker, combine 1/2 cup of cooled green tea and the juice of 1 lime. Add in 2 tablespoons of simple syrup and a few drops of green food coloring. Shake over ice and strain into chilled glasses.

19. Kiwi Cooler: In a blender, combine 1-1/2 cups of frozen kiwi and 1/2 cup of cold water. Add in 2 tablespoons of honey, a few drops of green food coloring, and blend until smooth. Pour into chilled glasses with ice.

20. Green Piñã Colada: Start with 1 cup of frozen pineapple chunks and add 1/2 cup each of coconut milk and simple syrup. Throw in a few drops of green food coloring and blend until smooth. Pour into chilled glasses with salted rims if desired. Enjoy!

21. Green Fruit Punch: In a blender, combine 1 cup each of frozen mango chunks and pineapple juice. Add in 2 tablespoons of honey, a few drops of green food coloring, and blend until smooth. Pour into glasses filled with ice and gar-

22. Key Lime Pie Milkshake: In a blender, combine 1 cup of cold vanilla ice cream, 2 tablespoons each of lime juice and key lime juice concentrate, and a few drops of green food coloring. Blend until smooth and pour into chilled glasses.

23. Kiwi Lime Cooler: In a blender, combine 1-1/2 cups of frozen kiwi and 1/4 cup each of lime juice and simple syrup. Throw in a few drops of green food coloring and blend until smooth. Pour into glasses filled with ice and garnish with fresh mint leaves if desired.

24. Green Tropical Smoothie: Start with 1 cup of coconut milk and add 1/2 cup each of fresh pineapple chunks and papaya chunks. Add in 2 tablespoons of honey, a few drops of green food coloring, and blend until smooth. Pour into chilled glasses.

25. Green Apple Fizz: In a shaker, combine 1/2 cup each of apple juice and lime juice. Add in 2 tablespoons of simple syrup, a few drops of green food coloring, and shake over ice. Strain into chilled glasses with a salted rim and top off with club soda if desired.

26. Minty Cucumber Mojito: In a shaker, combine 1/2 cup each of lime juice and cucumber puree. Add in 2 tablespoons of simple syrup, 1 teaspoon of peppermint extract, and a few drops of green food coloring. Shake over ice and strain into chilled glasses with a salted rim. Top off with club soda if desired.

27. Green Coconut Cooler: Combine 1 cup of coconut milk, 1/4 cup of lime juice and 2 tablespoons of simple syrup in a shaker. Add in a few drops of green food coloring and shake vigorously over ice. Strain into chilled glasses.

28. Green Mango Margarita: Start with 1 cup of frozen mango chunks and add 1/2 cup of lime juice. Throw in a few drops of green food coloring and blend until smooth. Pour into chilled glasses with salted rims.

29. Green Kiwi Pina Colada: In a blender, combine 1-1/2 cups of frozen kiwi and 1/2 cup each of coconut milk, pineapple juice and simple syrup. Add in a few drops of green food coloring and blend until smooth. Pour into chilled glasses with salted rims

30. Kiwi Lime Cooler: In a blender, combine 1-1/2 cups of frozen kiwi and the juice from 1 lime. Add in 2 tablespoons of honey, and a few drops of green food coloring, and blend until smooth. Pour into chilled glasses with ice and garnish with fresh mint leaves if desired.

We hope you enjoy these mocktail recipes!

If you have any questions about whether you should drink mocktails while you are pregnant, you should talk to your doctor or midwife.

Happy St. Patrick's Day!

Sue and Doug
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