

## Purple Passion

- 2 oz. Peach Nectar
- 2 oz. Pineapple Juice
- Fill glass with grape juice

*It's Defenitely Refreshing!*

\*Garnish with peach, pineapple, grape, cherry

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**Proof!**



## Watermelon Daquiri

- 2 oz. Watermelon mix
- 1/2 lemonade mix and 1/2 limeade mix
- Ice

*This is great for a Summer day!*

**Blend together or Serve on the rocks!**

## Banana Baby Buggy Bumper

- Banana
- Strawberries
- Pineapple Juice
- Coco Lopez
- Ice

*Try this Delightful Drink!*

### **Blend together**

\*Top with whipped cream, strawberry, and slice of banana.

## Nacer Cantando (Born Singing)

- Vanilla Ice Cream
- Banana Mix
- Pina Colada Mix
- Pineapple Juice

*Goce! (Enjoy!)*

### **Blend together**

\*Top with whipped cream, cinnamon, and cherry on top.

*Pregnant Pause  
is sponsored in part by*

**The Arc of NJ**

**New Jersey Coalition  
for Prevention  
of Developmental Disabilities**

**732.246.2525**

[www.coalitionforprevention.org](http://www.coalitionforprevention.org)



*Celebrate Alcohol-Free Options*

**The  
Arc**  
of New Jersey

**F**ASD, or Fetal Alcohol Spectrum Disorders, are one of the most common causes of intellectual & developmental disabilities, and the only cause that is **100% preventable**. FASD effects are permanent and last a lifetime. If a mother drinks alcohol during her pregnancy, psychological, behavioral and emotional problems may occur, causing life-long dependency.

## How much is too much?

The National Organization on Fetal Alcohol Syndrome (NOFAS) says that there is:

- \* **NO safe time**
- \* **NO safe amount**
- \* **NO safe alcohol**

that a pregnant woman can drink. Any alcohol you drink during pregnancy -- even the smallest amount -- will enter your baby's bloodstream.

## Remember to

**Think** before  
**YOU** Drink!

**Piensa** Antes  
de **Tomar!**

## Cradle Quencher

- Thirsty?  
Try This Drink!*
- 2 oz. Orange Juice
  - 1 oz. Pina Colada Mix
  - 1 Banana
  - Splash of Cranberry, Kiwi, Hazelnut, Grenadine

.....  
**Blend together w/ Ice**



**Make these  
tasty and healthy  
drinks for you and  
your baby!**



## AllMom Joy

- Try this  
Delightful Drink!*
- 3 oz. 2% Milk
  - 3/4 oz. Almond Monin Syrup
  - 3/4 oz. Coconut Monin Syrup
  - 1 Scoop Ice

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**Blend together**

\*Serve in a tall wine glass, and garnish w/whipped cream

## Peppermint Pacifier

- Cool down with  
this beverage!*
- 1 Scoop of Ice
  - 1/2 oz. Peppermint Syrup
  - 1 1/2 oz. Chocolate Syrup
  - 2 1/2 oz. 2% Milk

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**Blend until smooth**

\*Serve in a mug and garnish with whipped cream

## Virgin Strawberry Shortcake

- Have a sweet tooth?  
Try this!*
- 2 oz. Strawberry Daiquiri Mix
  - 2 oz. Half & Half
  - 1 oz. Amaretto Syrup
  - 1 cup of crushed ice

.....  
**Blend together**

\*Garnish with fresh strawberry and top with whipped cream.