

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



HEALTHY SNACK IDEAS

Take a look at some of our healthy snack ideas to satisfy those pregnancy cravings and to use as party food, if you're planning a #DRYMESTER event.

HARD CHEESE PLATTER WITH APPLES AND GRAPES

Calcium is a vital part of your baby's bone development so ensure you're getting enough. If you've experienced morning sickness, eating apples gives you the fibre you need for a healthy digestive system.

HUMMUS, PITTA BREAD AND CRUDITES

As well as being a brilliant source of protein and fibre, chickpeas contain a good amount of iron and B vitamins to keep you healthy. What's more, hummus is a versatile crowd-pleaser at most events and is great food to give babies when they are being weaned onto food.

AVOCADO DEVILLED EGGS

Make sure you use hard-boiled eggs in this one. Simply slice your eggs lengthways and fill the middle with guacamole or puree and season your own avacados.

SORBET WITH FRESH FRUIT

Rather than a calorie-loaded treat, why not try a delicious and refreshing fruit-flavoured sorbet. Whether using fat free or dairy free ingredients, adding a splash of fresh fruit topping, will provide colour and tempt the taste buds, whatever the time of year.

MANGO, CUCUMBER AND AVOCADO SKEWERS

For a delicious dessert or treat for the kids, try chopping some mango, cucumber and avocados to please those guests with a sweet tooth.

CHOCOLATE BANANA SUSHI

Whilst raw fish should be avoided during pregnancy, this sweet version of the Japanese delicacy is a must-have at any party. Just dip a peeled banana into melted chocolate and sprinkle with crushed pistachio nuts. Once cooled, slice into 1 inch chunks for an amazing snack. You'll want to eat the whole lot!

And remember, always ask guests if they have any special dietary requirements or suffer from allergies when planning a menu for any event.

