Watermelon Mama Margarita

This frozen fruit slushy is a refreshing drink anytime, but it would also be fantastic to consume during labor. Your appetite naturally decreases as labor progresses, but if you're able to, small amounts of easily digestible foods can help you maintain your strength. Watermelon remains soft when frozen and its natural sugars provide quick energy. It's refreshing, hydrating and it can help reduce excess swelling after birth.

1 ½ cups watermelon, chopped & frozen
3 strawberries (or 2 large ones)
1/2 cup coconut water (or more if needed to blend)
1/4 of a lime, juiced

Chop the watermelon & strawberries, then freeze them flat over a single layer so that they doesn't clump. Once frozen, place all of the ingredients into a blender and blend until desired consistency is reached. If needed, use more coconut water to assist blending.

Kombucha Mocktail

FOR MAMA

This refreshing beverage is probiotic rich, energizing, and aids digestion. The frozen strawberry “ice cubes” flavor the mocktail as they start to melt.

3/4 cup ginger kombucha
3/4 sparkling water
4-6 frozen strawberries

Combine kombucha and sparkling water in a glass, then top with frozen strawberries.