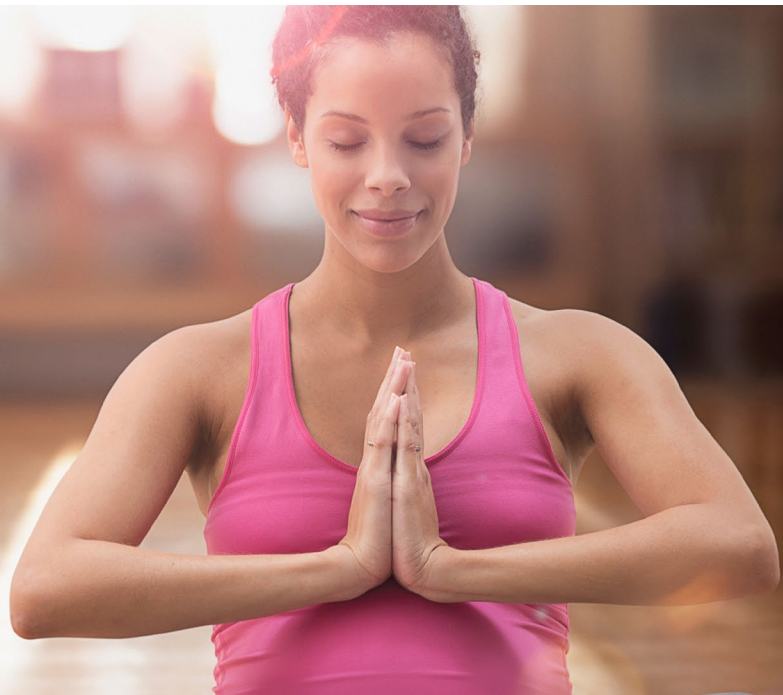


make ☕
TODAY
blissfully
beautiful



Pregnancy brings with it great joy, excitement, and a radiant glow. When you're eating, drinking, and sleeping for two, it's the perfect time to commit to healthy changes.

Celebrate change

This month, embrace new, healthy habits—especially if you're expecting. Start by swapping out caffeine for herbal tea and taking a multivitamin of folic acid a day (talk to your doctor about which vitamins are right for you).

[LEARN MORE](#)

Peach Iced Tea

Ingredients (makes 6 cups)

- 1 tablespoon dried mint leaves
- 4 cups water
- 2 cups pureed peaches, chilled
- Fresh mint leaves for garnish

Directions

1. Steep mint leaves in hot water for 3 minutes.
2. Pour peaches into a sieve to remove chunks.
3. Once the mint tea is cool, mix it with the strained peach puree. Serve cold, garnished with fresh mint leaves.

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