

Cheers to Your Health!

These summer cocktails are yummy and packed with nutrients.

ELECTRIC HONEYDEW

- 1 Tbsp green tea leaves
- 1 Tbsp dried chamomile leaves
- 2 oz gin
- 3 leaves anise-hyssop
- 2 oz pureed honeydew (puree in blender)
- $\frac{3}{4}$ oz lemon juice
- $\frac{1}{4}$ oz agave syrup
- 1 fennel frond, for garnish

In a jar or glass, mix green tea and chamomile leaves with gin and let sit for 3 hours at room temperature. Muddle anise-hyssop leaves, then combine with tea-infused gin, honeydew puree, lemon juice, and agave in a cocktail shaker with ice. Shake and strain into a martini glass and garnish with a fennel frond.

MAKES 1 SERVING
Calories: 178

LEMONGRASS LEMONADE

- 3 stalks lemongrass (available at major supermarkets)
- 1 cup agave syrup
- 1 oz lemon juice
- $\frac{1}{2}$ oz vodka
- 4 oz club soda

Syrup: Place 2 stalks lemongrass, agave, and 1 cup water in a saucepan; simmer for 20 minutes. Strain out lemongrass except for two 1-inch pieces; puree. (Makes six 2-ounce servings. Extra syrup will keep in the fridge for up to a week.)

Lemonade: Mix 2 ounces syrup with lemon juice and vodka; shake well. Top with club soda and garnish with lemongrass.

MAKES 1 SERVING
Calories: 189

ROSÉ SANGRIA

- 1 lemon
- 1 lime
- 1 cup agave syrup
- 1 bottle rosé wine
- 1 bunch mint
- 15 strawberries
- 20 raspberries
- 20 blueberries
- 20 blackberries

Syrup: Cut up lemon and lime, then combine in a jar with agave and 1 cup boiling water. Let cool; strain.

Sangria: Mix syrup, wine, mint, and berries in a pitcher. Serve over ice and garnish each glass with a few berries.

MAKES 6 SERVINGS
Calories per serving: 180

GREEN MARY

- 4 green tomatoes, chopped
- 5 green tomatillos, chopped
- 1 celery stalk
- 3 mint leaves
- 1 jalapeño, seeded
- 5 jarred olives
- $\frac{1}{2}$ cup olive juice (from olive jar)
- 1 cup orange juice
- 2 oz lemon juice
- Fresh horseradish, grated, to taste
- 12 oz vodka

In a blender, puree all ingredients except vodka. Add vodka to the mixture, then serve in highball glasses. Garnish with celery or mint, if desired.

MAKES 6 SERVINGS
Calories per serving: 208

MANGO LASSIE

- 1 ripe mango, peeled
- $\frac{1}{4}$ tsp turmeric
- 4 oz 1% milk
- 2 Tbsp nonfat Greek yogurt
- $\frac{1}{2}$ oz dark rum
- Fresh pistachios

In a blender, puree mango and turmeric. Add milk and yogurt, then add rum. Blend, then serve over crushed ice. Garnish each glass with a pistachio.

MAKES 2 SERVINGS
Calories per serving: 196

The Cocktail Creators

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HONEYDEW is a fab source of potassium and vitamin A.

BERRIES deliver cancer-fighting antioxidants and vitamins.

LEMONS contain tons of skin-saving vitamin C. **LEMONGRASS** has antifungal properties.

GREEN TOMATOES are teeming with healthy nutrients such as potassium.

MANGOES are chock-full of beta-carotene.