

“Skinny” Cocktails

Skinny Margarita



► **Ingredients:**

- 1.5 oz lime juice
- 3 oz orange juice
- 1.5 oz tequila
- 1 tsp agave nectar (or use 1 stevia/Splenda packet)
- ½ cup frozen fruit of choice (instead of ice cubes)—shown with watermelon
- Lime wedge (garnish)
- salt

► **Directions:**

- Pour salt on plate and run lime wedge around the top of the glass to wet, then hold the glass upside down at an angle and twist the glass through the salt to “salt the rim”
- Place 2-3 ice cubes in glass (or you can use frozen fruit as the ice cubes)
- Add all liquids to the glass
- Add sweetener of your choice
- Stir and garnish with lime wedge

Nutrition Facts:

148 cal, 14.3 g carb & 9.4 g sugars if sweetener is stevia/Splenda but no fruit is used
169 cal, 19.6 g carbs, 13.2 g sugars if sweetener is stevia/Splenda and ½ c watermelon
168 cal, 19.6 g carbs, 14.7 g sugars with agave nectar, but no fruit
191 cal, 25.3 g carbs, 19.4 g sugars with agave nectar and ½ c watermelon

- **Modification:** 1.75 oz of tequila and 2 oz of OJ can be used to reduce overall sugar and calories. It may take 2 tsp agave nectar to sweeten the drink enough

Blueberry Lemonade Rum (aka Hot Mess Express)



► Ingredients:

- 1.5 oz lemon juice
- 1.5 oz blueberry lemonade flavored rum or vodka
- 3-4 oz water
- ¼ cup frozen berries of your choice (instead of ice cubes)
- 1 packet of Stevia or 1 tsp of agave nectar

► Directions:

- Place fruit in glass
- Add liquid ingredients except water
- Fill glass rest of the way with water
- Add sweetener of choice & stir

► Nutrition Facts:

154 cal, 3.2 g carb & 4.6 g sugars if sweetener is stevia/Splenda but no fruit is used
175 cal, 8.4 g carbs, 8.4 g sugars if sweetener is stevia/Splenda but ¼ c berries is used
174 cal, 8.5 g carbs, 9.9 g sugars with agave nectar, but no fruit
195 cal, 13.8 g carbs, 15.2 g sugars with agave nectar and ½ c watermelon

This is a great one for when you come in and you are a “hot mess” from a workout or doing work out in the yard/garden.