

# 9 Weeks of Summer – Week 5

## Summer Cocktails and Mocktails



### Apple Cranberry Sangria

Enjoy this healthy spin on a summer classic packed with Vitamin C!

#### Ingredients

- 2 cups (500 mL) apple juice or apple cider
  - 2 cups (500 mL) cranberry juice
  - 1/4 cup (65 mL) apple brandy, optional
  - 1/4 cup (65 mL) honey
  - 1 cup (250 mL) fresh or frozen cranberries
  - 3 cups (750 mL) sparkling white wine
- For a non-alcoholic version of this sangria, omit the apple brandy and use soda water or ginger ale instead of wine.



#### Instructions

1. In a pitcher, combine apple juice, cranberry juice and brandy, if using.
2. Stir in honey and cranberries. Refrigerate until ready to serve.
3. Add sparkling wine and serve sangria over ice.

#### Nutritional Information (per serving)

<b>Calories</b>	<b>200 cal</b>	<b>Monounsaturated Fat</b>	<b>1 g</b>
<b>Protein</b>	<b>0 g</b>	<b>Cholesterol</b>	<b>0 mg</b>
<b>Carbohydrate</b>	<b>27 g</b>	<b>Sodium</b>	<b>15 mg</b>
<b>Total Fat</b>	<b>1 g</b>	<b>Fibre</b>	<b>0 g</b>
<b>Saturated Fat</b>	<b>0 g</b>	<b>Makes 8 Servings</b>	

# 9 Weeks of Summer – Week 3

## Summer Cocktails and Mocktails



### Elixir de Vie

Instead of drinking a sugar-loaded Iced Tea, Earl Grey tea adds depth to this low calorie, fruity virgin cocktail of apple juice, blackberries and raspberries.

#### Ingredients

Handful of loose-leaf Earl Grey tea  
2 cups apple juice  
1/4 cup raspberries  
1/4 cup blackberries  
1/2 cup lemon juice  
2 tbsp honey  
Edible rose petals for garnish (available at health food stores), or substitute raspberries and blackberries



#### Instructions

1. In a cocktail glass, combine tea and apple juice. Let tea steep into the apple juice until the flavour has been fully extracted (approximately 30 minutes).
2. In a shaker, muddle berries, then add lemon juice and vanilla simple syrup.
3. Strain tea and apple juice into shaker and fill with ice.
4. Shake well and serve straight up in a martini glass. Garnish with edible rose petals or berries.

#### Nutritional Information (per serving)

<b>Calories</b>	<b>120 cal</b>	<b>Monounsaturated Fat</b>	<b>0 mg</b>
<b>Protein</b>	<b>0 g</b>	<b>Cholesterol</b>	<b>0 mg</b>
<b>Carbohydrate</b>	<b>29 g</b>	<b>Sodium</b>	<b>10 mg</b>
<b>Total Fat</b>	<b>0 g</b>	<b>Fibre</b>	<b>1 g</b>
<b>Saturated Fat</b>	<b>0 g</b>	<b>Makes 4 Servings</b>	