

# WEEKS OF SUMMER

## COCKTAILS AND MOCKTAILS

### Apple Cranberry Sangria

A healthy spin on a summer classic packed with Vitamin C!  
Makes 8 servings

#### Ingredients

- 2 cups apple juice or apple cider
- 2 cups cranberry juice
- 1/4 cup apple brandy, optional
- 1/4 cup honey
- 1 cup fresh or frozen cranberries
- 3 cups sparkling white wine

For a non-alcoholic version, omit the brandy and use soda water or ginger ale in the place of wine.

#### Directions

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

Nutrition Info Per Serving: Cal 200 | Fat 1g | Carb 27g | Protein 0g | Fibre 0g | Sodium 15mg



### Elixir de Vie

Earl Grey tea adds depth to this low-calorie, fruity cocktail!  
Makes 4 servings

#### Ingredients

- Handful of loose-leaf Earl Grey tea
- 2 cups apple juice
- 1/4 cup each raspberries and blackberries
- 1/2 cup lemon juice
- 2 tbsp honey

#### Directions

1. In a cocktail glass, combine tea and apple juice, and steep for about 30 minutes.
2. In a shaker, muddle berries. Add lemon juice and honey.
3. Strain tea mixture into the shaker and fill with ice.
4. Shake well and serve straight up. Garnish with edible rose petals (found at health food stores) or berries.

Nutrition Info Per Serving: Cal 120 | Fat 0g | Carb 29g | Protein 0g | Fibre 1g | Sodium 10mg

