



MELINA
FITNESS

HEALTHY

Holiday Cocktails



Healthy Holiday Cocktails

APPLE CIDER SANGRIA



INGREDIENTS

1 bottle of white wine
2 1/2 cups fresh apple cider
2 cinnamon sticks
1 cup vodka
2 apples, chopped
1 orange, chopped
1 tablespoon raw honey
1/2 teaspoon cinnamon
1/4 cup pomegranate seeds

Directions: Chop apple and orange and place in the bottom of the pitcher with pomegranate seeds. Add in wine, apple cider, cinnamon sticks, vodka, honey, and cinnamon. Stir and serve with ice.

POMEGRANATE MOJITO

INGREDIENTS

1/3 cup light pomegranate juice
1 tablespoon lime juice
1 ounce rum
1/4 teaspoon Stevia or sugar
1/2 cup champagne
Pomegranate seeds

Directions: In a glass, add pomegranate juice, lime juice, rum, and sugar. Mix well. Fill the glass with ice cubes and top it off with champagne and pomegranate seeds.



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THE GINGER SNAP



INGREDIENTS

2 ounces Peach CÎROC
1 piece ginger
4 sage leaves
0.75 ounces fresh lemon juice
2 ounces soda water

Directions: Put the ginger and sage in a mixing tin. Muddle, then add lemon juice and CÎROC. Pack with ice and shake. Strain in a Collins glass and top with soda water. Garnish with a piece of sage.

ROSEMARY GIN FIZZ

INGREDIENTS

3 sprigs rosemary
1 small lemon, juiced
1/2 teaspoon honey
1 1/2 ounces gin
3 ounces club soda

Directions: In a small drinking glass, muddle the fresh rosemary, lemon juice, and honey. Fill the glass with ice, then pour with gin and top with club soda.

