

Skinny BERRY Cocktail

Courtesy of Kelly Lam, The Whole Purpose

Ingredients

- 1 ounce vodka
- 1 ounce fresh lime juice
- 5 ounces of sparkling water
- 1 teaspoon raw unfiltered honey
- 3 tablespoons of fresh berries
- 1 sprig of fresh mint for garnish

Instructions

Muddle raw unfiltered honey and fresh berries in a cocktail glass. Pour in the vodka, freshly squeezed lime and stir vigorously, add sparkling water and top with ice. Garnish with fresh mint.

Notes

Recommended vodka: gluten free vodka sourced from either potatoes or corn (i.e. Chopan or Titos Vodka)

Juicing tips: I've found that the easiest way to juice a lime is with a hand-held metal juicer. Citrus at room temperature is easier to juice than cold citrus, so take your limes and out of the fridge an hour in advance. Before you slice the citrus, roll it back and forth on cutting board, pressing firmly. Then cut it in half lengthwise, not across! You will get up to ½ more juice that way.

Muddling tips: If you do not have a muddler use a fork to gently crush berries

Want to make a pitcher? Muddle 1 ½ cups of fresh berries with 8-10 tablespoons of raw unfiltered honey. Add 1 cup of vodka and 1 cup of fresh lime juice. Mix well and top with 4 cups of sparkling water, stir once again. Pour over ice and don't forget to garnish with fresh mint!

Want to make it sweeter? Just add fresh a splash of pomegranate juice

Want a stronger drink? It is always best to start light and more alcohol at the end, if you desire a little more kick just add an extra ounce of vodka

Want a berry margarita? Just replace the vodka for tequila