



Red Apple  
NUTRITION

# Healthy Happy Hour

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EAT WELL. BE WELL

YOUR SKINNY COCKTAIL GUIDE.





## Margarita

1-2 oz tequila (if you can get your hands on Clase Azule, this is very good)

1 ½ oz fresh lime juice

1 oz freshly squeezed orange juice

Drizzle of agave

Combine ingredients in a shaker with ice. Shake it up for about 10-20 seconds. Pour over ice.



## Rita's Italian Spritz

½ oz elderflower liquor or St. Germain

5 oz Prosecco (I like cupcake)

1 lemon twist

Pour elderflower into a flute. Top with prosecco. garnish with lemon twist.



## Vodka Soda

1 oz Tito's Vodka

4 oz Sparkling Water (Perrier, San Pellegrino, La Croix—try different flavors)

Lemons and Limes

Combine in a glass with ice. Mix.

## White Claw Spritzer

1 Lime White Claw or Truly

Splash of Aperol

Lemon Wedge

Fill wine glass with ice.

Pour in White Claw. Add ½ oz of Aperol. Garnish with Lemon.





## **Watermelon Basil Cooler**

1 oz Vodka (could also use Rose wine instead of vodka)

1 ¼ cup frozen watermelon

4-5 fresh basil or mint leaves

½ cup water or more

1 tsp agave (optional)

Combine ingredients in blender. Add more water if needed.

## **Cucumber Basil Smash**

1 oz Gin or vodka

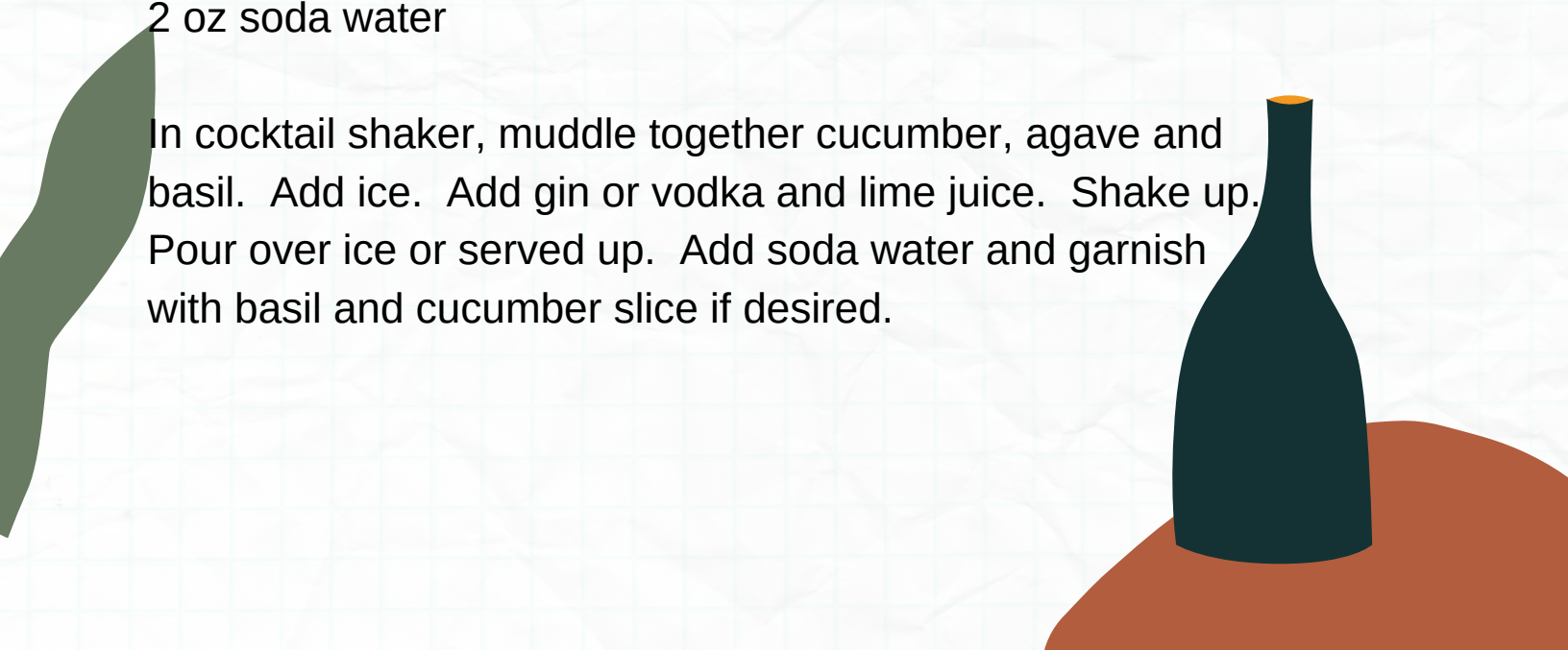
1 ½ oz fresh lime juice

¼ cup chopped cucumber, peeled

5 basil leaves

½ tsp agave or maple syrup

2 oz soda water



In cocktail shaker, muddle together cucumber, agave and basil. Add ice. Add gin or vodka and lime juice. Shake up. Pour over ice or served up. Add soda water and garnish with basil and cucumber slice if desired.



## **Vegan Queso**

**2 tablespoons avocado oil**  
**1 small yellow onion, chopped**  
**1 cup peeled and grated potato (1 small)**  
**½ teaspoon paprika**  
**½ teaspoon chili powder**  
**½ teaspoon cumin**  
**½ teaspoon garlic powder**  
**½ teaspoon onion powder**  
**½ teaspoon salt, more to taste**  
**1 cup raw unsalted cashews (If you have a high speed blender no need to soak these beforehand, but may be soaked in water for 4 hours to soften)**  
**1 ½ cups water**  
**¼ cup nutritional yeast**  
**1 teaspoon cholula**  
**1 teaspoon white wine vinegar**

- 1. Heat oil over medium heat in large saucepan. Add onion and cook for several minutes until fragrant and translucent**
- 2. Add potatoes, garlic, salt and all spices and stir for 1-2 minutes**
- 3. Add cashews and water. Reduce heat to simmer and cook for 6 -8 minutes until potatoes are tender, stirring frequently**
- 4. Transfer contents of saucepan to high speed blender or food processor. Add nutritional yeast, cholula and vinegar. Blend for several minutes until completely creamy.**
- 5. Add additional salt to taste. Pour into serving bowl.**
- 6. Serve immediately as a dip! This keeps for about 5 days in the refrigerator and can easily be reheated in microwave or stove.**



## **Black Bean and Pepper Salsa**

- 1 15-oz can black beans, drained and rinsed
- 1 red pepper, chopped
- 1 orange pepper, chopped
- 1 yellow pepper, chopped
- ¼ cup red onion, chopped
- 1 T fresh lime juice
- 3 T red wine vinegar
- 3 T extra virgin olive oil
- 3 T Fresh Cilantro, chopped

Combine ingredients in large mixing bowl. Serve with Siete tortilla chips or over top grilled chicken, pork, fish, baked potato or a salad! Is excellent wrapped in a tortilla with hummus too!



## **Black Bean Hummus**

1.5 cups cooked black beans or 1-15 oz can black beans,  
drained and wash

1/4 cup chopped onion

3 tbsp fresh cilantro, mint, parsley or 1 tbsp each

2 tsp cumin

1 tsp coriander

1/2 tsp smoked paprika

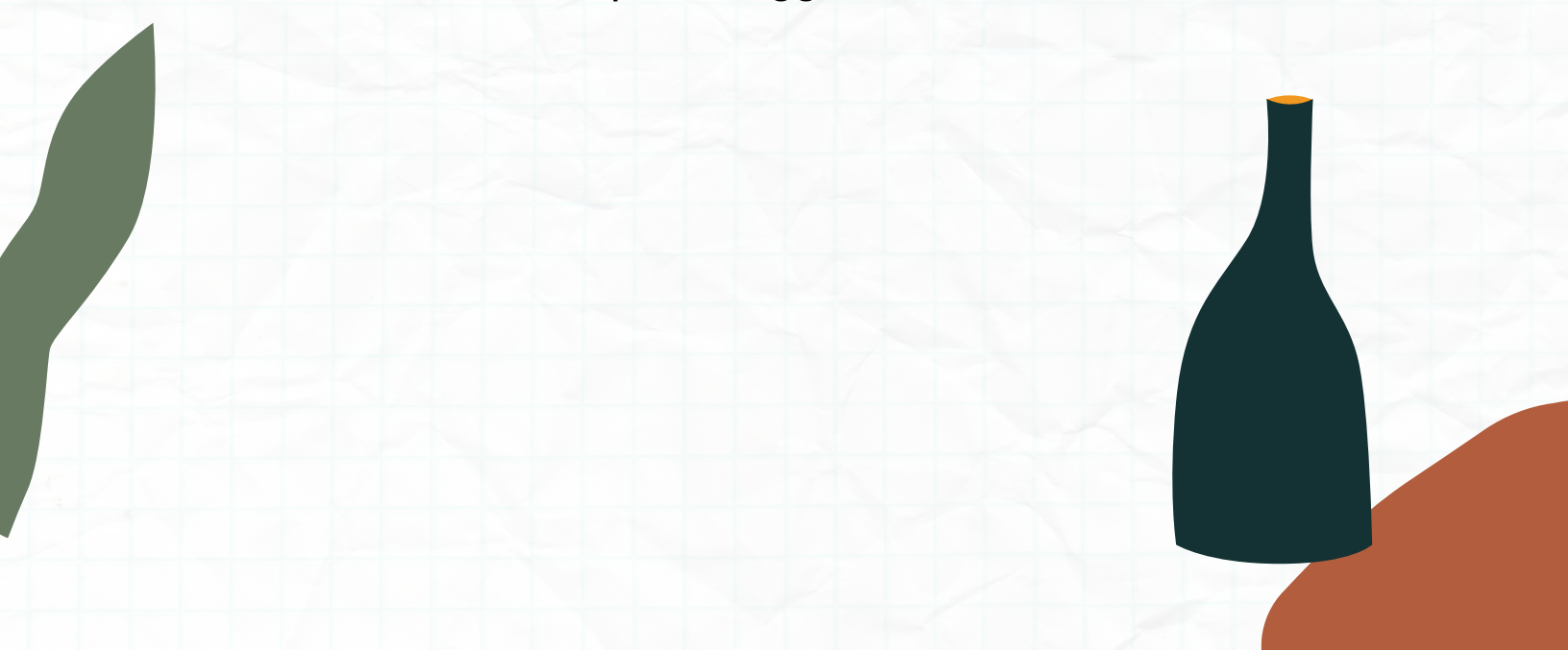
Salt

Pepper

Juice of 2 limes

1 tbsp avocado oil

Combine in blender or food processor and serve with your  
favorite tortilla chips or veggies.





## Trail Mix

2 cup whole almonds

1/2 cup sunflower seeds

1 cup raw cashews

½ cup dried cranberries or other fruit of choice

1/2 cup unsweetened coconut flakes (optional)

2-3 T ground flaxseed

1/2 cup pepitas

Mix ingredients together in large bowl and serve.

Feel free to be creative and substitute different nuts or fruit to satisfy your taste buds!

Serving size ¼ cup.

