



## Holiday Cocktails: Raise Your Glass ... Not Your Weight

By Judi Rothenberg

What are you wearing on New Year's Eve? The difference between flaunting a slinky dress or hiding under a loose sweater may depend on what's in your glass.

From Thanksgiving to Christmas, typical seasonal drinks can wreak havoc on your waistline. Eggnog, one of the worst offenders, packs in nearly 440 calories and 20 grams of fat. Spiked hot chocolate tallies about 400 calories, and that's *before* the whipped cream! But be of good cheer ... we've got strategies and recipes to help you stay merry and light!



### Fall Affair

*Approximately 127 calories*

*Accents of vanilla and cinnamon make this a great substitute for that notorious eggnog.*

**2 oz. Voli Light Vodka**  
**Orange Vanilla**  
**½ oz. lemon juice**  
**1 oz. of apple cider**  
**2 dashes of bitters**  
**Dash of cinnamon**

Combine all ingredients in a shaker and strain into a martini glass. Garnish with cinnamon.



### Skinny Peppermint Mojito

*Approximately 125 Calories*

*Refresh your breath with this minty mojito before you get caught under the mistletoe.*

**½ tsp. peppermint extract**  
**½ cup packed mint, plus**  
**4 sprigs for garnish**  
**2 tbsp. agave nectar**  
**16 oz. Perrier Lime sparkling water**  
**6 oz. white rum**  
**Ice**

In a pitcher, place mint leaves and agave nectar. Mash with a muddler or wooden spoon to release and blend flavors. Stir in sparkling water and rum. Divide evenly among four glasses filled with ice; garnish with mint sprigs, a mini candy cane, and optional lime wedge.

'Tis the season  
for enjoying a  
cocktail. Here's  
how to do so  
without getting a  
belly like Santa.



Make your first drink water or sparkling soda. It helps to fill you up, delays your first cocktail, and can help you drink and eat less.

Choose mixers carefully. Perrier, fresh fruit and flavored waters add taste and volume without added sugar.

Bring or serve what you want to drink. Light vodka and champagne are good choices.

Don't go nuts! While a handful of raw almonds are good for you, mindless nibbling of roasted and salted nuts quickly add up. Put those on the "naughty list," and steer clear.



## Berry-tini

*Approximately 139 calories*

*Sparkling ICE Spring Water delivers a zero calorie flavor boost along with a mix of B vitamins, vitamin D and antioxidants.*

**3 oz. Black Raspberry Sparkling ICE Spring Water**

**1 oz. berry-flavored vodka**

**1 oz. orange-flavored vodka**

**Juice of 1 fresh-squeezed lime**

Shake all ingredients with ice and pour into a chilled martini glass.



## Ricossa Bellini

*Approximately 120 calories*

*Ricossa Moscato d'Asti is naturally sweet and slightly sparkling, meaning you can indulge without it going to your thighs!*

**Mix 4 oz. of Ricossa Moscato (about 25 calories per ounce) with 1 oz. of peach juice.**



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## The Skinny Devil's Hot Chocolate

*Approximately 162 Calories*

*Even angels need a chocolate fix now and then!*

**1 packet of Sugar Free Hot Chocolate (prepared as directed)**  
**1.5 oz. Devils Food Flavored Cupcake Vodka**  
**Optional garnish:**  
**2 tbsp. fat-free Reddi-Wip (15 calories)**  
**Mini candy cane (12 calories)**

Mix ingredients together in a mug.



## Chambord Flavored Vodka & Perrier®

*Approximately 135 calories*

*This holiday season, think pink for your drink! Chambord Vodka's delicate hue, sweet black raspberry taste and regal bottle will add panache to any party.*

**1 ½ oz. CHAMBORD Flavored Vodka**  
**3 oz. Perrier**

Pour vodka into a glass filled with ice and top with Perrier. Garnish with a lemon wedge and a black raspberry.



## Red Lips

*Approximately 86 calories*

*If you love the synergy of chocolate and raspberries, this one's for you!*

**1.5 oz. Raspberry Cocoa Voli Light Vodka**  
**2 oz. diet cranberry juice**  
**4 raspberries**  
**¼ oz. fresh lime juice**  
**½ packet natural sweetener**  
**Splash of club soda**

Muddle raspberries, add ingredients, shake and strain into a martini glass. Top with a splash of club soda.

