

# 9 LOW-CALORIE COCKTAIL RECIPES

By Jenna Gruttadauria



# OUR STANCE ON ALCOHOL...

Welcome to our Whole Life Challenge-compliant cocktail series from professional bartender Jenna Gruttadauria.

Jenna practiced mixology at some of the most well-known bars and clubs in New York City before joining the Whole Life Challenge team. Now, Jenna enjoys using her mixology knowledge to make healthier versions of classic cocktails.

**Please, note that we are not saying alcohol is “healthy” to consume.**

What we are acknowledging is that there are times we inevitably make the choice to imbibe or celebrate (and we are definitely including ourselves in that “we”).


And we know for certain that there are better and worse ways to go about drinking alcohol when it comes to our health. Our goal is to empower you with lower-sugar, lower-calorie, still-fabulous recipes for these times.



# A FEW TIPS FROM BEHIND THE BAR

Before I learned to bartend, I remember sitting on the opposite side of the bar, watching the bartenders create liquid concoctions, in awe of their abilities. Now, after learning how to balance flavors and mix cocktails of my own, my favorite part is experimenting.

So, I invite you to experiment with the cocktails in this ebook, too. Creating cocktails should be fun! **Here are five ways you can shake things up:**

1. Add more or less stevia to attain the desired sweetness level for your syrups (or experiment with other sweeteners, if you prefer).
  2. Feel free to change garnishes. Make them tasty, colorful, and fun!
  3. Add more or less of whatever item you are flavoring your syrup with to get a more or less intense flavor.
  4. Try any of these cocktails up or on the rocks.
  5. Switch out any of the ingredients for ones you prefer that have similar taste profiles.
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# EARL GREY HOT TODDY

The hot toddy is a quintessential cold weather cocktail. Toddies are touted as a natural way to quell cold symptoms and they taste utterly delicious when you're curled up on a chilly evening.

A traditional hot toddy is made of whiskey along with hot water, lemon, and honey. While this gives us a great foundation, I like to take it a step further and deepen the flavor with an Earl Grey tea bag.



# EARL GREY HOT TODDY RECIPE

## INGREDIENTS:

- 6 ounces water
- 2 ounces bourbon
- 1 ounce lemon juice
- 1/2 ounce honey (or to taste)
- Earl Grey tea bag
- 2 cinnamon sticks
- 5 allspice berries



## COCKTAIL DIRECTIONS:

1. Boil 6 ounces of water.
2. In mug, combine bourbon (any type of whiskey can be used), lemon juice, and honey.
3. Once water is boiling, fill the mug with the hot water, then add tea bag.
4. Allow the tea to steep until desired flavor is achieved (minimum 2 minutes).
5. Remove tea bag.
6. Add cinnamon stick and allspice berries.

# LOW-CALORIE FALL MOSCOW MULE

The Moscow mule has taken the cocktail world by storm lately, and while I certainly love this cocktail and the ginger beer that gives it a spicy and sweet taste, I don't love how much sugar is packed in its punch. So, I've created a way to trick your taste buds into thinking you're drinking a traditional Moscow mule, without the empty calories.



# LOW-CALORIE FALL MOSCOW MULE RECIPE

## INGREDIENTS:

- 4 ounces fresh ginger
- 1 cup water
- 1 ounce powdered stevia
- 8 fresh sage leaves
- 2 ounces vodka
- 1 ounce lime juice
- Soda water

## GINGER-SAGE SYRUP DIRECTIONS:

1. With a vegetable peeler or spoon, peel the ginger and then cut into quarter-inch pieces.
2. Combine 1 cup of water with the ginger, stevia, and sage. Bring to a boil, stirring occasionally.
3. Remove from heat and let the infusion macerate (i.e. sit). Continue tasting occasionally until your desired flavor is achieved (minimum 40 mins).
4. Remove ginger pieces and sage leaves from syrup.

## COCKTAIL DIRECTIONS:

1. Measure 1 ounce of your ginger-sage syrup.
2. Combine vodka, 1 ounce of ginger-sage syrup, and 1 ounce lime juice.
3. Fill your glass (or copper mug if you want to be traditional) the rest of the way with soda water.

# CRANBERRY SHRUB GIN SPRITZER

Shrubs were an extremely popular way of flavoring soda water and alcohol as far back as the 17th century. This is in part due to the lack of refrigeration available to people at the time. These vinegar- and sugar-based syrups were created using fruits and could be preserved for long periods.

Shrubs have regained popularity in the American bar scene in the last five years or so, and rightfully so – they are tangy, fruity, and absolutely delicious. This recipe livens up a simple gin spritzer, but you could use vodka if you prefer.





# CRANBERRY SHRUB RECIPE

## INGREDIENTS:

- 1 cup water
- 1/4 cup powdered stevia
- 10 allspice berries
- 2 cinnamon sticks
- 2 cups fresh cranberries
- 1 cup apple cider vinegar
- Ice
- 1 ounce gin
- 1/2 ounce lime juice
- Soda water
- Prosecco

## CRANBERRY SHRUB DIRECTIONS:

1. Combine 1 cup of water, stevia, allspice berries, cinnamon sticks, and cranberries. Bring to a boil.
2. Reduce heat and simmer until the cranberries are soft (5-8 minutes), stirring occasionally.
3. Remove from heat and pour mixture through a mesh strainer. You'll want to press down on the cranberries to extract as much juice as possible, without pushing any of the solids through.
4. Add apple cider vinegar.
5. Refrigerate until ready to use. This mixture can be saved for several months

## COCKTAIL DIRECTIONS:

1. Measure 1/2 an ounce of your cranberry shrub.
2. Over ice, combine 1 ounce gin, 1/2 ounce lime juice, and 1/2 ounce cranberry shrub.
3. Fill your glass with soda water until you reach about an inch from the top of glass.
4. From there, layer (or "float") the prosecco on top.

# HERBAL FRENCH 75

This classic cocktail has been around since World War I, allegedly getting its name from a Parisian bartender who compared the punch this drink delivers to that of a gun used during the war by the French and American armies called the 75mm Howitzer field gun. I like to add my own “punch” to this classic drink with a fun herbal twist.



# HERBAL FRENCH 75 RECIPE

## INGREDIENTS:

- 1 cup water
- 1 ounce powdered stevia
- 6 rosemary sprigs
- 1.5 ounces gin
- Juice from half grapefruit
- Prosecco

## ROSEMARY SYRUP DIRECTIONS:

1. Bring 1 cup of water and stevia to a boil.
2. Turn down heat, add rosemary sprigs, and simmer for a few minutes.
3. Remove from heat and let rosemary infuse with syrup until your desired flavor is achieved (minimum 30 minutes).

## COCKTAIL DIRECTIONS:

1. In a champagne flute (or similar glass) combine gin, 1/2 ounce of rosemary syrup, and juice from half a grapefruit. Stir to combine.
2. Fill the remainder of the glass with Prosecco.
3. Garnish with rosemary sprig.

# DRIED CHERRY AND PISTACHIO OLD-FASHIONED

Following the formula of classic cocktails of the early 1800s, the old-fashioned, as it's come to be called, can be as simple as combining a spirit with sugar, water, and bitters.

This cocktail has gone through many iterations over the years, though the current method of muddling an orange and cherry is somewhat detested by modern mixologists. (And let's not even talk about splashing it with soda water – the horror!)

I'm a whiskey drinker, so I like whiskey to be the main expression of my old-fashioneds, subtly enhanced by other flavors.



# DRIED CHERRY AND PISTACHIO OLD-FASHIONED RECIPE

## INGREDIENTS:

- 1 cup water
- 1 ounce powdered stevia
- 1/4 cup dried cherries (approximately)
- 1.5 tablespoons pistachios (approximately)
- 2 ounces rye whiskey (my preference, any whiskey works)
- Angostura bitters
- Ice

## DRIED CHERRY AND PISTACHIO SYRUP DIRECTIONS:

1. Combine 1 cup of water, stevia, dried cherries, and crushed pistachios. Bring to a boil, stirring occasionally.
2. Reduce heat to simmer, continuing to stir occasionally, until liquid deepens in color.
3. Remove from heat and leave mixture to infuse until your desired flavor is achieved.
4. Pour liquid through a mesh strainer to remove solids.

## COCKTAIL DIRECTIONS:

1. Measure 1 ounce of your dried cherry and pistachio syrup.
2. In a glass, combine whiskey, 1 ounce dried cherry and pistachio syrup, and 3 dashes of angostura bitters.
3. Add ice, stir. (This can also be enjoyed without ice.)

# TEQUILA CUCUMBER COOLER

A cocktail that falls into the category of a “cooler” is defined as having a spirit combined with some type of sweetener, a fruit or veggie component, and soda water. This is a very fun recipe to play with because it gives you so many options.

I can't help but feel like tequila is meant to go with spicy things, so my twist on the cooler has some “sugar” and spice and will make everything taste nice!



# TEQUILA CUCUMBER COOLER RECIPE

## INGREDIENTS:

- 1 cup water
- 1 ounce powdered stevia
- 1 fresh jalapeño
- 1/4 of a fresh cucumber
- 2 ounces tequila
- 1 ounce lime juice
- Juice from half a grapefruit
- Ice
- Chili powder and salt mixture (equal parts of each)
- Soda water

## JALAPEÑO SYRUP DIRECTIONS:

1. Bring 1 cup of water and stevia to a boil.
2. Cut jalapeño into rounds.
3. Turn down heat, add jalapeño, and simmer for a few minutes.
4. Remove from heat and let mixture sit. Let the jalapeño infuse with the syrup until your desired flavor is achieved (minimum 30 minutes).

## COCKTAIL DIRECTIONS:

1. Measure 1 ounce of your jalapeño syrup.
2. Muddle the cucumber in a pint glass. (If you don't own a muddler, use a wooden spoon and gently mash the cucumber in the bottom of the glass.)
3. Combine the tequila, 1 ounce of jalapeño syrup, lime juice, and juice from half a grapefruit with the muddled cucumber.
4. Add ice and shake.
5. Wet the rim of your cocktail glass (preferably with a lime wedge) and roll it in the chili-and-salt mixture.
6. Strain into fresh glass and fill the rest of the way with soda water.

# FALL CIDER COCKTAIL FOR GROWN-UPS

Who doesn't love apple cider in the fall? It brings me back to my younger days of playing in leaves and carving pumpkins. But, now I'm a grownup.

So, I've created an adult version of this classic childhood drink that will have you wishing for sweater weather to come sooner. In this recipe, you'll learn to make both the cider and the "adult" cocktail, so you'll actually be creating something the whole family can enjoy.





# FALL CIDER COCKTAIL FOR GROWN-UPS RECIPE

## INGREDIENTS:

- 8-10 apples
- 4 pears
- 1/3 cup powdered stevia
- 6 tablespoons allspice
- 4 cinnamon sticks
- 2 ounces whiskey
- 1/4 oz lemon juice
- Ice
- Soda water
- Whiskey

## DRIED CHERRY AND PISTACHIO SYRUP DIRECTIONS:

1. Quarter the apples and pears and place in a large pot.
2. Fill the pot with water so the water line is just above the fruit.
3. Add stevia, allspice, and cinnamon
4. Bring to a boil and cook uncovered on high for an hour, checking often.
5. Turn heat down and let simmer, covered, for 2 more hours.
6. Allow to cool, then smash up your fruit to a pulp-like consistency.
7. Pour this mixture through a mesh strainer into a large bowl or pitcher.
8. Wrap the remaining pulp in two layers of cheesecloth and hold it over your bowl or pitcher. Squeeze the cheesecloth until no more juice comes out.

## COCKTAIL DIRECTIONS:

1. Measure 4 ounces of your cider.
2. Combine 2 ounces of whiskey, 4 ounces of cider, and lemon juice in a glass.
3. Add ice, fill glass with 2 ounces of soda water, and stir.

Note: You can sprinkle your cocktail with cinnamon or add cinnamon sticks and an apple slice for garnish.

# BOOZY SMOOTHIE BERRY PUNCH

This might be the most delicious and easy cocktail you'll ever make. When you are working with berries, you don't need to add much of anything else because they are super flavorful and provide great color for your cocktail.

Personally, I like to think of this cocktail as a "boozy smoothie."



# BOOZY SMOOTHIE BERRY PUNCH RECIPE

## INGREDIENTS:

- 1 cup water
- 1 oz powdered stevia
- 6 rosemary sprigs
- 1 ounce mixed berries blended (frozen or fresh)
- 2 ounces vodka
- 3/4 ounce lemon juice
- Ice

## ROSEMARY SYRUP DIRECTIONS:

1. Bring 1 cup of water and stevia to a boil.
2. Turn down heat, add rosemary sprigs, and simmer for a few minutes.
3. Remove from heat and let sit. Allow the rosemary to infuse with the syrup until your desired flavor is achieved (minimum 30 minutes).

## COCKTAIL DIRECTIONS:

1. Measure 1 ounce of your rosemary syrup.
2. Using a blender, blend your mixed berries into a puree.
3. In a pint glass, add vodka, pureed berries, lemon juice, and 1 ounce rosemary syrup.
4. Add ice and shake.
5. Strain over a martini glass.

Note: You can dress up this cocktail by garnishing with a lemon wheel and a rosemary sprig.

# GREEN GODDESS BLOODY MARY

The Bloody Mary is the go-to cocktail for most brunch-goers, and while this cocktail is truly delicious (and surprisingly Whole Life Challenge compliant), it's still nice to shake things up a bit.

I decided to "go green" with my twist on the classically red cocktail. With a green heirloom tomato base, some basil for spice, and pineapple for sweetness, this delicious concoction will prove to be unlike any bloody you've brunched before.



# GREEN GODDESS BLOODY MARY RECIPE

## INGREDIENTS:

- 6-8 green tomatoes
- 1/3 of a pineapple
- 15 basil leaves
- 1/2 of a fresh jalapeno
- 1/2 teaspoon cayenne
- 3 dashes of Worcestershire sauce
- 1/3 teaspoon celery salt
- Black pepper, to taste
- 2 ounces vodka
- Ice



## COCKTAIL DIRECTIONS:

1. Blend tomatoes, pineapple, basil, and jalapeño in a blender, slowly adding each ingredient to not overwhelm your machine.
2. Once blended, pour the mixture through a mesh strainer into a large bowl.
3. Add cayenne, Worcestershire sauce, celery salt, and black pepper. (Keep in mind that, really, all of these ingredients can be "to taste." Add as much or as little as you like.)
4. In a glass, add vodka and ice, then fill with your green Mary mixture.
5. To further mix your drink, roll it into another glass and then back into the first.

Note: Dressing up your Mary is half the fun. I used a basil sprig and a slice of pineapple or jalapeño.

# WHOLE LIFE CHALLENGE

With just a nudge (and a little bit of effort), you can have the life you want – happy, healthy, active, energetic, and connected.

## **ABOUT THE CHALLENGE**

The Whole Life Challenge is a 6-week health and wellness game that focuses on The 7 Daily Habits.

## **THE 7 DAILY HABITS**

Throughout the Challenge, you'll practice the habits every day – Nutrition, Exercise, Mobility, Sleep, Hydration, Well-Being, and Reflection – with the ultimate goal of incorporating them into your life. They'll work together to help you become happier and healthier.

## **WANT TO PLAY?**

You can register to play the next Whole Life Challenge here:

<https://www.wholelifechallenge.com/join-the-challenge/>