



Summery Beverages under 100 Calories

It's easy to get carried away sipping on delicious tasting summer beverages, and we want you to be able to indulge and have more than one. So we came up with 5 alcoholic beverages that you can enjoy without worrying, since they are all less than 100 calories! They are fun to make, and they use no added sugars, just fruit, alcohol, wine and beer so you can try more than one without worrying about overindulging.

Raspberry Mojito

Calorie count: 90

Ingredients

- 2 sprigs of fresh mint
- 8 fresh or frozen raspberries
- ½ lime cut in 4 wedges
- ¾ shot white rum
- 4-5 ice cubes
- Soda water
- 4 raspberries to garnish

Directions

- Muddle mint and raspberries together in bottom of a glass along with the juice from 2 lime wedges
- Add in ¾ shot of white rum and 4-5 ice cubes
- Top it off with soda water to fill the glass and garnish with a wedge of lime and a couple of raspberries



Raspberry-Grape White Wine Spritzer

Calorie count: 87

Ingredients

- 3 oz white wine
- 2 oz soda water
- 5 frozen grapes
- 5 frozen raspberries

Directions

- Pour 3oz of your favorite white wine into a glass along with 2 oz of soda water
- Add in 5 frozen grapes and 5 frozen raspberries and enjoy!

** Using frozen fruit instead of ice will prevent your spritzer from getting watered down*





Watermelon Vodka Smoothie

Calorie count: 99



Ingredients

- ¾ cup watermelon diced
- 1 ¼ cup ice
- 1 oz vodka

Directions

- In a blender, pulse together watermelon, ice and vodka, pour into a glass and drink immediately

Red Wine Sangria

Calorie count: 98

Ingredients

- 3 oz red wine
- 2 oz soda water
- ¼ of an orange in slices
- 2 medium fresh strawberries cut in half

Directions

- Pour 3oz of your favorite red wine into a glass along with 2 oz of soda water
- Add in ¼ of an orange, sliced and 2 sliced, fresh strawberries and enjoy!



** For best results, let sit in fridge for 4 hours*

Beer-garita

Calorie count: 80



** For a fruity twist add in 2 medium strawberries – Calorie count: 88*

Ingredients

- 1 cup of light beer
- 1.5 cup of ice
- Juice of ½ of 1 lime

Directions

- In a blender, pulse beer, ice and lime juice until combined. Pour into a glass and drink immediately

Source: All recipes developed and photographed by Tamara Saslove, BAsC, (Nutrition & Food, Ryerson University)