

Healthy happy hour

Fresh fruit adds antioxidants and trims calories from these sips. Recipes by Jennifer Iserloh

Tropical Slushie

Serves 4
110 calories
3.4 g fat per serving

Blend 4 cups cubed watermelon, 2 cups cubed papaya, 1 cup light coconut milk, 2 tbsp orange zest and 1 cup ice cubes until smooth; serve.

SPIKE IT Stir in 4 oz rum before pouring. (1 oz per drink; 64 calories)

South Pacific Mojito

Serves 4
90 calories
0.1 g fat per serving

Boil 1 cup water, ¼ cup sugar and two 6-inch pieces of lemongrass; let cool. Puree in a blender until lemongrass begins to shred. Strain and return to blender. Add ½ cup cubed fresh pineapple, 1 cup each fresh lemon and lime juice, 1 cup sparkling water and ¼ cup thinly sliced fresh mint. Blend until smooth; serve over ice. Garnish with mint sprig and lemongrass.

SPIKE IT Add 4 oz rum before pouring. (1 oz per drink; 64 calories)

Red Wine Sangria

Serves 10
115 calories
0.2 g fat per serving

Combine 1 bottle (750 ml) dry red wine, ¼ cup agave or honey, 1 sliced orange, 2 sliced lemons, 1 cup each cherries (or raspberries) and blackberries in a large pitcher. Stir in 2 cups sparkling water. Refrigerate 1 to 4 hours. Serve over ice and garnish with fresh basil.

SPIKE IT (MORE!) Add slightly more than ½ cup orange brandy to mixture before refrigerating. (½ oz per drink; 37 calories)

Strawberry Bloody Mary

Serves 4
99 calories
0.3 g fat per serving

Blend 4 cups sliced strawberries, 2 cups reduced-sodium tomato juice, ¼ cup fresh lemon juice, ¼ cup balsamic vinegar, 6 drops hot sauce and 2 tsp freshly ground black pepper until smooth. Serve over ice and garnish with whole strawberries.

SPIKE IT Mix in 4 oz vodka before pouring. (1 oz per drink; 64 calories)

Green Iced Tea

Serves 4
107 calories
0.3 g fat per serving

Boil 3 cups water. Add 6 green tea bags and steep 4 to 5 minutes. Remove tea bags; cool tea. Pour into a blender; blend with 1 cup cubed honeydew melon, 1 cup peeled and quartered kiwifruit, ¼ cup honey and ½ cup fresh mint until smooth. Serve over ice.

SPIKE IT Add 4 oz green tea liqueur after blending. (1 oz per drink; 52 calories)

