



DRANKS

healthy holiday cocktails

*fa la la into a
balanced mindset*

Tweaks made to your favorite cocktails so you can get your buzz on but still stay on track with your health goals!

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Made with love from one busy girl to another
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spiced granny

INGREDIENTS

- 10 fresh apples
 - 1 orange
 - 2 cinnamon sticks
 - a dash of ground nutmeg
 - a dash of ground cloves or 4 whole cloves
- 1 gallon filtered water
- whiskey, rum, tequila or scotch

DIRECTIONS

For the apple cider

1. Cut peeled and sliced apples into slow cooker.
2. Cut orange into 8 slices, and add to slow-cooker.
3. Add spices.
4. Pour water into the slow cooker and turn on low for about 6-8 hours.
5. Strain out apples, orange, and spices using cheesecloth or a fine mesh strainer and serve.

To make the drink

1. Take 2 parts apple cider
2. Take 1 part of your chosen liquor
3. Shake with ice
4. Garnish with a cinnamon stick and apple!



saucy sangria

INGREDIENTS

- 1 bottle of pinot grigio
- 6 cups apple cider
- 2 medium apples, cored and chopped
- 1 orange, sliced
- Brandy or vodka
- Flavored Sparkling water (if desired)

DIRECTIONS

1. Combine everything (except the sparkling water) in a large pitcher, and store in the fridge for at least 4 hours.
2. Before serving, add the sparkling water to the pitcher, stir completely, and serve!



hot mami

INGREDIENTS

- 3/4 cup Numi™ Organic Rooibos Chai Tea
- 1 ½ ounces whiskey
- 1 teaspoon honey
- 1 cinnamon stick (optional, for garnish)

DIRECTIONS

1. Make a hot cup of Numi™ Organic Rooibos Chai Tea
2. Let tea simmer for 2-3 minutes.
3. Add 1 teaspoons honey and 2 teaspoon lemon juice.
4. Garnish with a cinnamon stick!



fig spritzer

INGREDIENTS

- Figs
 - 3 oz. white wine
 - 1 oz. club soda
- 1 teaspoon of honey
- 1 1/2 rosemary sprig

DIRECTIONS

1. Mull 1/2 of rosemary
2. Combine all ingredients over ice
3. Shake and strain
4. Garnish with figs and rosemary!



berry christmas

INGREDIENTS

- Trader Joe's Flavored Holiday Berry Water
- 1/4 cup of Pomegranate
- Gin or vodka
- 1 rosemary sprig
- Splash of fresh grapefruit juice (0 added sugar)

DIRECTIONS

1. Take 2 parts Trader Joe's Flavored Holiday Berry Water
2. Take 1 part liquor
3. Mull 1/8 of pomegranate to create a juice
4. Mix with ice
5. Add a splash of grapefruit juice
6. Garnish with rosemary!



basic betch

INGREDIENTS

- Vodka (or your choice of clear liquor -- tequila, gin)
- Lime
- Mint
- Sodawater

DIRECTIONS

1. Just tell the bartender you're a basic betch and you want a vodka sodawater with lime and mint!
2. If you're making it at home, squeeze 1 lime slice and add liquor, sodawater and ice.
3. Garnish with mint!



your best GF

INGREDIENTS

- Tito's Vodka or Cazadores Tequila
- Trader Joe's Holiday Berry Flavored Mineral Water
- Cranberries
- Blueberries
- Lemon

DIRECTIONS

1. Mull cranberries and blueberries.
2. Add in mineral water and liquor .
3. Add whole blueberries.
4. Add a squeeze of lemon juice.
5. Garnish with a lemon!



moscow donkey

INGREDIENTS

- kombucha (ginger or gingerberry)
- vodka or whiskey
- lime
- mint

DIRECTIONS

1. Fill moscow mule mug with ice
2. Take 1 part vodka
3. Take 3 parts kombucha
4. Add generous amount of lime
5. Top off with some mint!



skinny paloma

INGREDIENTS

- Cazadores Tequila
- Squirt soda
- Trader Joe's Lemon Flavored Sparkling Water
- Grapefruit
- Jalapeño (if desired)

DIRECTIONS

1. Take 1 part vodka
2. Take 1 part Squirt
3. Take 1 part Lemon Sparkling water
4. If you like a little kick, shake with slice of jalapeno!
5. Add a squeeze of grapefruit
6. Garnish with grapefruit slice!



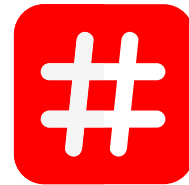
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@tataconquers



#HolidayDrankNotDiet

I'd love to hear your favorite
recipe or how you adapted it.

Tell me what you think and
show me your healthy
drinks!

Cheers babe!

tata