

Perk-Me-Ups

Seasonal Drinks that Revitalize

The best holiday drinks are festive and taste great. They should also be easy to fix. Here are five to get us started.



Blood Orange French 75

Yields: 1 serving

In a champagne flute, pour a jigger of gin, the juice of half a blood orange and a squeeze of Meyer lemon juice. Top up with champagne.

Courtesy of Kathryn Taylor, a whole foods and vegetarian blogger; Search CookieAndKate.com.

Holiday Sangria

Yields: 8 servings

Combine 1 liter of cabernet sauvignon, a quart of pomegranate juice, ¼ cup agave nectar, 1 thinly sliced Meyer lemon and 1 thinly sliced pear in a pitcher. Add ice and stir. Pour into glasses to serve.

Fresh Hot Ginger Tea

Yields: 2 servings

Bring 2 cups of water to a boil, and then add 1 small knob of fresh ginger, precut into thin slices. Reduce the heat



and simmer for 15 minutes. Strain out the ginger slices and serve in a mug.

Courtesy of Judith Fertig, Alfresco FoodAndLifestyle.blogspot.com.

Fresh Hot Peppermint Tea

Yields: 1 serving

Bring 1 cup of water to a boil. While it's boiling, place 7 to 10 fresh organic mint leaves in a tea cup. Pour the hot water over the mint leaves and let them steep in the cup for 5 minutes. Strain out leaves as desired, and enjoy.

Courtesy of Heather Crosby, author of YumUniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful, Whole-Food Lifestyle; YumUniverse.com/fresh-peppermint-tea.



Meyer Lemon Hot Toddy

Yields: 1 serving

Bring 1 cup of water to a boil. Remove from the heat. Stir in the juice of half a Meyer lemon, a tablespoon or two of honey and a jigger of whiskey. Serve hot in a mug.

Courtesy of Judith Fertig, Alfresco FoodAndLifestyle.blogspot.com.

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