



Model cocktails *The* cookbook

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*I know I should give up drinking.....
but I am not a quitter,
so I will find a smarter way to drink
- Chemaine Linnie*

Contents

I'm not about taking things away from you,
I'm about adding things in, to make you feel
sexy, confident and prepared to enjoy your optimum life xo

Recipes;

- 1} Summer red wine (aka Tinto de Verano)
- 2} Champagne berry cocktail
- 3} Margarita
- 4} Sorority sister
- 5} Cosmo

Are you as excited as me to enjoy these? :)

Summer red wine

aka Tinto de Verano

Ingredients;

- 2 ounces of your favorite red wine
- 2 ounces of chilled Sprite zero or 7up free
- 1 ounce of chilled sparkling water
- 1 slice of lemon

Place red wine in a wine goblet or highball glass.
Top with Sprite or 7up and sparkling water. Garnish with lemon slice.

*serves 1

Champagne berry cocktail

Ingredients;

- 1/4 cup of unsweetened blueberry juice
- 2 tablespoons of lime juice
- 1/4 cup of champagne
- 1 cup of ice

Place all ingredients in a highball glass, stir to mix. Enjoy xo

*serves 1



Margarita

Ingredients;

2-3 fresh lime wedges

2-3 fresh orange wedges

2 tablespoons of lime juice

1/2 teaspoon of pure honey

1 cup of ice

1 ounce of tequila

1 splash of sparkling water

Place lime wedges, orange wedges, lime juice and honey in the bottom of a serving glass, muddle to mix. Top with ice, tequila and sparkling water. Stir to mix. Enjoy xo

*serves 1

Sorority sister

Ingredients:

- 1 fresh lemon wedge
- 1/2 sachet of organic stevia or 2 drops of liquid stevia
- 2 tablespoons of lemon juice
- 1 ounce of unsweetened cranberry juice
- 1 ounce of vodka
- 1 cup of crushed ice

Place all ingredients except lemon wedge in a shaker, shake well.
Pour into a highball glass and garnish with the lemon wedge and a
straw. Enjoy xo
*serves 1

P.S this is the perfect cocktail for a relaxing summer girls night
on your balcony or in your garden ;)

Cosmo

Ingredients:

1 fresh lime wedge

1 fresh orange wedge

1 tablespoon of unsweetened cranberry juice

1 teaspoon of pure honey

3-4 ice cubes

1 ounce of cranberry flavored vodka

1/2 cup of sparkling water

Place lime wedge, orange wedge, cranberry juice and honey in the bottom of a serving glass, muddle well to mix.

Top with ice, vodka and sparkling water. Stir to mix. Enjoy xo

** serves 1*

I really hope you enjoy these healthier versions of some of my favorite healthier cocktails and remember to drink sensibly!!!