

Pick your Poison: Skinny Gin Cosmo

Happy New Year Knutters!

Oh, who am I kidding. It's not really happy is it. It's back to work and school, everyone is suggesting you should be exercising your ass off and be on a diet and mentioning drinking alcohol is like dropping the 'C' bomb. January generally sucks...if you let it.

I am a firm believer in the saying, "a little of what you fancy does you good". That way, you aren't craving stuff and feeling completely fed up. That's the way I look at it anyway.

So, with this in mind, here is a recipe for a 'skinny' cocktail for when you fancy something a bit 'naughty' to drink but you can't quite face the Bailey's after overindulging in it a bit at Christmas.

It's a recipe for a take on a Cosmopolitan but it's made with, yep, you guessed it, Gin instead of Vodka.

It contains (depending on what products you choose to use in it) about 200 calories.

Almost guilt free.



Ingredients

(makes 1 glass)

25ml Cranberry Gin (or a citrus based one would also work very well)

100ml Low sugar/Low Calorie Cranberry Juice

50ml Soda Water

A generous squeeze of fresh Lime Juice

Cubed Ice

Method

- Place the Gin, Ice, Cranberry Juice and Lime Juice in a cocktail shaker.
- Shake for 30 seconds until chilled.
- Strain into a glass (leaving the ice behind in the shaker, we don't want to water it down now do we!)
- Top with club soda to taste.



Don't let the new year's resolutions spoil your fun! Life is

too short!

Everything in moderation...