

Healthy Cocktails

with Heather Storm

Heather Storm is currently the host of Velocity's hit show *Garage Squad*, which follows Heather and her male co-stars as they crash garages and help their owners refurbish their distressed, classic hot rods and get them back on the road. Occasionally, Heather gets out of the garage and travels, cooks and, of course, crafts perfect cocktails. Her background in health and nutrition led her to advocate for sustainable food practices and take notice of her current habits.

"I first became aware of how much sugar was in cocktail recipes when I was making Caipirinhas as a beverage sales manager," says Heather. "I was drinking a lot of these cocktails and could definitely see the difference in my figure. Sugar is the hidden culprit in cocktails, so the trick to healthy drinking is finding sugar substitutes."

“ We are what we eat,
drink, and think. ”



Photo by Miguel Amodio

HEATHER OFFERS UP SOME OF HER BEST TIPS FOR CRAFTING FLAVORFUL COCKTAILS WITHOUT THE HIGH-CALORIE INTAKE:

1. Unflavored unsweetened spirits such as vodka, gin, and tequila are the lowest calorie; just add lemon or lime for flavor. Remember that tonic water has a lot of sugar and calories. Swap tonic for soda water and save more than 60 calories and 16 grams of sugar per drink.

2. Once sugar intake is lower, our taste buds adapt and food will taste much sweeter overall. Your

body won't miss the sugar. Stevia is best used when a small amount of sweetener is needed to bring balance to a cocktail.

3. Just because cocktails aren't thought of as healthy doesn't mean we can't make them that way. High-quality sprits made from organic ingredients are easier for the body to process. Try adding good-for-you ingredients like

Kombucha, a Chinese fermented tea that can help restore balance in our guts. Add it to cocktails in place of soda.

4. Coconut sugar does not raise blood sugar level as quickly and extremely as other sugars, which makes it a great alternative to white or brown sugar in cocktails.

FOR THOSE WHO PREFER WHAT'S IN A BOTTLE TO WHAT'S ON IT.



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Summer Sangria

I love this light and fresh white peach Sangria as an afternoon sipper. Purely wine based with no added sugar it's low proof and low in calories. I add Kombucha, which introduces healthy bacteria into your gut. This sangria is stocked full of antioxidants, probiotics, and electrolytes.

INGREDIENTS

3 oz. dry French rosé wine
6 slices fresh white peaches
3 large basil leaves (plus 4 small, tiny leaves)
8 - 10 blueberries
½ oz. fresh lemon juice
1 ½ oz. ginger kombucha
1 oz. coconut water
Sparkling water
1 edible flower

PREPARATION

Muddle 3 peach slices, 3 basil leaves and ½ oz. fresh lemon juice in shaker tin. Add coconut water and ice; shake well. Add ice to large wine glass. Arrange 3 peach slices, blueberries and basil leaves inside glass. Strain shaker tin mixture into the large wine glass. Add rosé, kombucha and sparkling water. Garnish with an edible flower.



Wild Meadow Margarita

This antioxidant rich Margarita is made with organic coconut sugar. Swap the sweet orange liqueur for homemade lavender syrup and fresh raspberries.

INGREDIENTS

1 ½ oz. 123 Organic Tequila
1 oz. lime juice
3 raspberries
¾ oz. lavender coconut sugar syrup*

PREPARATION

Muddle raspberries, lime juice and lavender syrup in a shaker tin, add tequila and ice and shake well. Strain over a large ice cube into a rocks glass. Spear a lavender stem through a raspberry and place in glass.

*Lavender coconut sugar syrup:

15 lavender flowers or 1 tbsp. culinary lavender
1 c coconut sugar
1 c water

PREPARATION

Add water and coconut sugar to saucepan and bring to a boil. Reduce heat to simmer and stir until completely dissolved. Turn off heat. Add lavender, stir and let infuse for 5 - 7 minutes, to taste. Strain liquid into bottle and store up to 2 weeks.



Cocktail Photos by Heather Storm

Morning Dew Mojito

Both honeydew and cucumber are high in water content making this libation even more refreshing than a traditional Mojito. Mint is a holistic herb that promotes digestion and relieves fatigue. Instead of white sugar I add a dash of stevia to offset the sour from the fresh lime juice.

INGREDIENTS

1 ½ oz. rum, gin or vodka
½ oz. fresh lime juice
1 oz. honey dew juice (or 3 chunks)
1 oz. cucumber juice (2 slices cucumber)
5 mint leaves
Splash sparkling or filtered water
Small pinch of stevia or one drop if liquid stevia

PREPARATION

Muddle cucumber, honeydew, and mint in a shaker tin (or add juices if using a juicer). Add rum, stevia, ice; shake well. Strain over fresh ice into Collins glass. Top with sparkling water; Garnish with fresh mint and a skewer of honeydew and cantaloupe.

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