



BOOZE GUIDE

If you're anything like me, you like to meet your friends for happy hour, or have some drinks at a wedding, or eat oysters with an organic glass of wine. Once upon a time, I was a huge party girl. While those days are long gone, I still like to have a drink socially, or just to relax and enjoy. I won't sugarcoat it, alcohol is generally not good for you. But you can make healthier decisions when it comes to drinking. So what's the best option? Organic red wine that is low in sulfites. Most liquor and beer stores now carry an organic red wine. If they don't, wines from Argentina are generally low in sulfites and pesticides. Red wine contains antioxidants and resveratrol so if you're going to drink, start with red wine. The next best is actually whiskey, cognac or brandy. Whiskey has also been shown to have a [decent antioxidant profile](#). White wine and tequila are also good options. When it comes to tequila or any liquor, you must be mindful of mixers. They're usually full of sugar or even corn syrup. Beers and most liquors (particularly bottom shelf) just are not worth drinking. If you would like some healthier drink options, I've provided them below (I make my drinks with kombucha!). Remember to drink in moderation!



Whiskeys!



Red Wine!



White Wine!

BOOZE RECIPES



MOJITO

10 mint leaves
juice of 1/2 lime
1/2 teaspoon honey
1 shot of light rum
3/4 cup GT's Original Kombucha

Directions:

Muddle the mint leaves.
Combine the lime, honey and rum until
combines.
Add the kombucha and stir.



BLOODY MARY

1 cup organic tomato juice
juice of 1/2 lemon
Worcestershire to taste
hot sauce to taste
fresh pepper
dash of Old Bay
1 shot of organic vodka
1 celery stick

Combine all ingredients and garnish
with celery stick.



MARGARITA

2 shots of organic tequila
juice of one lime
GT's Original Kombucha, to taste

Combine all ingredients and stir.
Salt the rim with Himalayan salt if you
wish.



7 AND NOT SO 7

2 oz whiskey
5 oz GT's Original Kombucha

Mix ingredients. I swear the original
kombucha tastes like 7 Up.



SEABREEZE

1 shot vodka
2 shots organic, sugar free cranberry
juice
juice of 1/2 grapefruit
splash of Synergy Trilogy Kombucha

Combine all ingredients and serve over
ice.



WHITE RUSSIAN (JUST LIKE THE DUDE)

1 oz Kahlua
1 oz organic vodka
1/2 cup raw milk or cream

Combine the Kahlua, vodka and milk
or cream and serve over ice.