



No Sugar Added Cocktails

Ingredients:

No-Sugar-Added Mojito

1 oz unsweetened rum
½ fresh lime, squeezed
4-5 fresh mint leaves
Club soda or seltzer
Ice

No-Sugar-Added Piña Colada

1 oz unsweetened rum
5 TBSP coconut milk
2 TBSP pineapple juice
½ cup frozen pineapple
¼ cup ice
Fresh pineapple to garnish


Directions:

1. Add fresh mint and lime juice to glass; Crush using muddler
2. Add in rum; Stir
3. Add ice and club soda; Stir; Pour into glass
4. Add piña colada ingredients to blender; Blend until thoroughly combined; Pour into glass; Garnish with sliced pineapple
5. Enjoy!

Cookware needed:

2 cups or glasses
Blender
Muddler (optional)

Cost: \$

Ease: 

Health Benefit: These cocktails are lower in sugar than other options. As always, consume alcohol responsibly and in moderation (Adults only!)