

Skinny Sparkling Mojitos



Hello! It's been a long time!

Things have been pretty hectic for me- we bought a house! So, the last couple of months have been spent working on moving, packing, unpacking, cleaning the old house, and getting used to life in the new one. I haven't been able to do much cooking, unfortunately. Now the things are more settled, I'm excited to get back in the kitchen and enjoy all the wonderful foods summer has to offer ☐

One thing I love in summer is a light, refreshing cocktail to go with a laid-back dinner. Think grilled burgers on the patio. Wine, even white wine, always feels a bit heavy for me when it's really hot. And while I do love a good cocktail, many are loaded with sugar. On top of having too many calories in combination with the metabolism-slowng effects of alcohol (yikes!), the mixture of sugar and alcohol makes me sick to my stomach. No bueno!

Mojitos are one of my favorite summer drinks, so it was crucial for me to learn to make them with less sugar. Enter flavored sparkling water- a blessing for those of us who don't love sweet drinks! I prefer the type that is totally unsweetened. No sugar, no Splenda or Stevia. Just the sparkling water and a little natural flavor. There are

several brands that you can find in any grocery store- Dasani, La Croix, etc. It gives me a nice break from plain water without any calories or weird chemicals. For my mojitos, I use lime-flavored water from whatever brand was on sale last.

If the totally unsweet drink just doesn't work for you, you can definitely add some sugar or sweetener. If I'm only adding a spoonful or so, I just sprinkle it on top of the finished drink and stir it a bit. If you want more, it's probably best to just go with a regular mojito recipe instead of this one.

Skinny Sparkling Mojitos

- ice
- 3 oz white rum
- 10 mint leaves, torn into small pieces
- 1 lime
- 1-12 oz can lime-flavored sparkling water
- 2 t fine white sugar (optional)

Fill two glasses half way with ice. Pour 1.5 oz rum in each glass. To each glass, add 1.5 oz rum and half of the mint leaves. Squeeze half of the lime into each glass. Fill each glass to the top with the sparkling water. Sprinkle each with 1 t sugar (optional). Gently stir to distribute rum. Serves 2.