



EAT SMART

THE LATEST NUTRITIONAL KNOW-HOW FOR A BETTER BODY

**Perfect
10**

COCKTAILS

Raise a toast to liquid refreshment with all the nutritional clout of the juice bar – and all the fun of the real bar

WORDS JULIA SCIRROTTA



PHOTOGRAPH: MATT VELLA/ATHEAS STUDIOS; DAN MATTHEWS; NUTRITIONAL ANALYSIS: RHANNON LABEUF; NUTRITION: CONNIE REED; RESEARCH: INGEN; ORCHARD THANKS TO: JOHN LEWIS; HABITAT; MARKS & SPENCER.
SOURCES: UNIVERSITIES OF NEWCASTLE AND MANCHESTER; PLUS ONE STATE UNIVERSITY OF FRIEDRICHRIEDER/NUTRITION; CIRCULATION, ANTI-CANCER AGENTS IN MEDICAL CHEMISTRY.

CONTENTS

p53 Mix your drinks

Make every sip count with some boozy (or not) juices

p56 Christmas winners

Get your claus into these smart seasonal food swaps

p65 Sweet as pie

Another gift has fallen from the coconut tree





► 'T' is the season to quaff. That said, subsisting on a liquid diet of mulled wine, eggnog and cheap cava, all flowing forth at the work Christmas party, can take its toll, fast – leaving you with Santa-esque bloat, washed-out skin and a groggy feeling until noon. Lucky, then, that the cold-pressed juice pros at Imbibery (imbiberylondon.com) are shaking things up more vigorously than Tom Cruise ever did, refashioning classic cocktails to deliver nutrient highs along with a festive buzz. Follow their spirit-and-mixer suggestions or, if you'd prefer to go virgin, just lose the booze and sub in the soft alternative. Party fuel and detox all in one? We'll drink to that.

Key to success: drink in the health benefits of these blends

Disease fighting	Heart protecting
Energy lifting	Libido boosting
Digestion aiding	Skin enhancing



MEAN GREEN POWER DAIQUIRI

Serves 2 | 79 cals | 3g sugar | 0.1g sat fat | 1g protein

1 banana ★ 1/4 lime, plus wedges to serve ★ 15g baby spinach ★ 30ml rice malt syrup ★ 50ml light rum

Pre-party prep alert: cut the banana into six pieces and freeze. When your guests arrive fashionably (infuriatingly) late, juice the lime and add to a blender with the banana. Next, juice the spinach and whizz with the rice malt syrup, then the rum, and serve with lime wedges.

Liquid assets: This packs a potassium one-two punch, thanks to the bananas and spinach. A trial of cyclists' found that the humble banana powered them through intensive exercise as effectively as a sports drink. It's recovery fuel and a party-starter.



FOREVER YOUNG PINA COLADA

Serves 2 | 322 cals | 45g sugar | 6g sat fat | 3g protein

1 pineapple, chopped ★ 2 tbsp coconut oil ★ 50ml golden rum ★ 32 ice cubes ★ pinch unsweetened desiccated coconut ★ pineapple wedges to serve

Freeze half your pineapple in advance. Come cocktail hour, juice the fresh pieces, then blitz in a blender with the frozen chunks and coconut oil. Add the rum and ice and blend for 15-30 secs. Serve with a sprinkle of coconut, a pineapple wedge and, just for the hell of it, a paper umbrella.

Entertaining guests with a rousing rendition of Rupert Holmes' classic is a glorious optional extra.

Liquid assets: Coconut oil's lauric acid wards off infections and boosts collagen for healthy skin.



HAIL MARY, MY SKIN'S AMAZING

Serves 2 | 103 cals | 5g sugar | 0.3g sat fat | 2g protein

4 tomatoes ★ 1/2 beetroot ★ 1/2 cucumber ★ 1/4 lemon ★ pinch ground cayenne pepper ★ 50ml vodka ★ ice ★ celery sticks and cherry tomatoes to garnish

Juice the tomatoes, beetroot, cucumber and lemon, then add a pinch of cayenne. Mix in a shaker with vodka and ice, and showcase your third-base wrist action. Serve in highballs with celery and a cherry tomato, then knock back like Don Draper at a working lunch.

Liquid assets: Christmas deadlines doing your face no favours? Lycopene, found in tomatoes, can boost levels of procollagen to help keep your skin elastic and youthful. Sip those eye bags away.



I'M-SWEET-ENOUGH VODKA SOUR

Serves 2 | 166 cals | 11g sugar | 0g sat fat | 5g protein

2in ginger ★ 70ml vodka ★ 20ml rice malt syrup ★ 20ml lemon juice ★ 2 egg whites ★ ice ★ pinch cinnamon

Peel and juice the ginger, then add to a cocktail shaker along with the vodka, rice malt syrup, lemon juice and egg whites. Mix first without ice, then add ice and shake. Garnish with a sprinkle of cinnamon. A Coyote Ugly-style dance on the bar wouldn't go amiss, either.

Liquid assets: Put the sweet in this sour (and all of your sweet drinks) with rice malt syrup – a fructose-free alternative to the traditional cocktail syrup. Like the rice it's made from, the syrup contains energy-enhancing B vitamins.



SUPER-SKINNY PEAR SIPS

Serves 2 | 170 cals | 9g sugar | 0.1g sat fat | 1g protein

2 pears, peeled ★ 2 tbsp cinnamon ★ 50ml spiced rum ★ pinch nutmeg ★ pear slices to serve

Toss the pears into a juicer, then mix the juice with the cinnamon in a shallow pan and warm gently over a low heat. Stir in the spiced rum and serve in glasses garnished with nutmeg and pear slices. For a teetotal take, swap the rum for a (cold) tea – go for herbal lemon verbena or a decaf chai, then serve up your smugness with every glass.

Liquid assets: To keep your diet from going pear-shaped, load up on, well, pears. A Brazilian study found those who ate them daily consumed fewer overall calories thanks to satiety-boosting fibre*.



BERRY POWERFUL BASIL-INI

Serves 2 | 114 cals | 9g sugar | 0.3g sat fat | 1g protein

50g fresh basil, finely chopped plus extra to serve ★
400g strawberries ★ 200ml sparkling white wine

Purée the basil and strawberries. Divide between two champagne flutes, top up with sparkling wine and decorate with extra basil. For a mocktail variation, swap the bubbly for sparkling water or cucumber juice. Down with festive abandon.

Liquid assets: Where to start? Studies have shown basil to be antifungal and antibacterial, bolstering your immunity as you rack up countless bar tabs on the party circuit. And strawberries can reduce the risk of heart disease in women by 32% if consumed three times a week. Cheers!



COOL-AS-A-CUCUMBER SKIN SPRITZ

Serves 2 | 79 cals | 3g sugar | 0.1g sat fat | 1g protein

1-2 cucumbers ★ 50ml gin ★ 50ml sparkling water ★ handful mint and cucumber slices to garnish

First, rate your yearning for cucumber on a scale of one to 10. Below five, stick with one fruit; five or more, double up. Throw into a juicer. Stir with gin and sparkling water, then pour into highballs and garnish with mint and cucumber. For a mocktail that rocks, swap gin for watermelon juice.

Liquid assets: Glugging your cucumber is just as good for your skin as donning two slices monocle-style – its inflammation-busting antioxidants soothe party-season puffiness. The fruit is also rich in elasticity-boosting silica. Sup up a skinful.



SPIRIT-RAISING MOCHA MARTINI

Serves 2 | 159 cals | 13g sugar | 1.1g sat fat | 4g protein

120ml (4 shots) decaffeinated espresso ★ 30ml rice malt syrup ★ 4 tsp raw cacao powder ★ 70ml vodka ★ ice

Brew four shots of decaf espresso and leave to cool. Meanwhile, create a paste by mixing rice malt syrup and raw cacao powder. Combine everything with ice cubes and shake. We said shake, not stir. Try, and fail, to pour from a great height into two martini glasses. Dust with cacao powder to serve. **Liquid assets:** Being caffeine-free, the buzz in this martini comes from its theobromine, a compound in raw cacao that triggers mood-lifting 'happy hormone' serotonin. It gets better: polyphenols in coffee (even decaf) sharpen cognitive function.



BEET-THE-BLOAT ZINGER

Serves 2 | 125 cals | 12g sugar | 0.2g sat fat | 3g protein

2in ginger ★ 4 beetroot ★ 50ml vodka or gin ★ ice ★ splash soda water ★ rosemary sprigs, to garnish

Peel the ginger, then juice with the beetroot. Pour into a shaker with vodka or gin (not both please – you're not an animal) and ask someone else to shake well because it gives you dead arm. Pour over ice, add a splash of soda, then garnish.

Liquid assets: Big up the beet – the plant pigment betacyanin, which gives the veg its rich colour, has been found to ward off cancer. Beetroot also stimulates the liver's detoxifying function, making it the ultimate damage-minimising mixer for a boozy blend. Bottoms up!



KICKSTARTER KIWI MARGARITA

Serves 2 | 445 cals | 52g sugar | 0g sat fat | 7g protein

1 lime ★ 12 kiwis, peeled ★ 50ml tequila ★ ice ★ 2 tsp Himalayan sea salt ★ 2 tsp coconut sugar ★ pinch cayenne pepper ★ 30ml rice malt syrup

Juice the lime and kiwis; blend with tequila and ice. In a saucer, mix the salt, coconut sugar and cayenne; set aside. Put the syrup into a second saucer. Dip the glass rims in the syrup, then the salt concoction. Pour in the cocktail and serve. **Liquid assets:** With 12 kiwis, this is only three short of a rugby team. Packed with vitamin C, antioxidants and potassium, the kiwi is the rugged forward of fruits, tackling the fat in your blood and kicking sleep problems into touch. **WH**