

# Mark's Kitchen

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## **Social Gatherings - Drinks**

One of the biggest stresses from my patients when they start a new protocol is what to do in social gatherings. With summer ahead, we know you don't want to miss out on all the fun even if you are on a detox.

Throughout this month, we are going to be sharing healthy recipes and tips to make social events easy to enjoy. Each week we will have a different focus and this week we are going to start with drinks!

If there was one indulgence to skip out on, it would be the blood sugar altering alcohol! Alcohol lowers blood glucose, which not only inhibits wise decision making (should I lounge on the couch or go for a refreshing walk outside?) but it sets you up for unmanageable cravings. Take control of your health by eliminating the alcohol – not the fun!

### **Here are 4 delicious mock-tail recipes:**

Each recipe is intended to be enjoyed as is or you may add 1.5 ounces of high quality tequila, gin or gluten-free vodka.

Note: On the elimination phases of my programs alcohol is not permitted. I recommend a 6 to 8 week break from alcohol. Be friendly to your liver and give your body a chance to detoxify by taking this vacation from alcohol.

After your 6-8 week break from alcohol, don't reintegrate drinking every day. Alcohol is one of the nectars and sweet pleasures of life, but always keep in mind that alcohol is a drug, an addictive substance. I suggest a maximum of 2 to 3 servings of alcohol per week.

## **Lavender Lemonade**

Prep time: 5 minutes

Serves: 4

- 4 cups filtered water
- 2 tablespoons dried lavender
- 2 tablespoons raw honey
- juice of 2 large lemons
- 1 cup ice (optional)

Place the water in a medium saucepan and bring to a boil over high heat. Add the lavender, and reduce the heat to low and simmer for about 10 minutes. Turn off the heat and stir in the honey. (It is as though you are making tea.) Cool the lavender mixture in the refrigerator for 2 hours to bring out deeper lavender flavors. Strain the liquid into a pitcher and discard the lavender. Add the lemon juice and stir to combine. Pour lemonade into 4 glasses and serve with ice, if desired.

Nutritional analysis per serving (about 6 ounces): calories 38, fat 0g, saturated fat 0g, cholesterol 0mg, fiber 0g, protein 0g, carbohydrate 10g, sodium 10mg

## **Basil Berry-ade**

Prep time: 5 minutes

Serves: 4

- 1 1/4 cup fresh or frozen organic blueberries
- 4 sprigs fresh stemmed basil
- juice of 1 lemon
- 2 cups chilled filtered water

- 1 cup ice (optional)

Place the blueberries and the basil in a blender and blend on high until uniformly combined, about 30 to 60 seconds. Add the lemon juice and stir to incorporate. Pour water into a pitcher and add ice, if using. Add the berry mixture to the pitcher and stir to combine. Best enjoyed when fresh but this lemonade can be stored in a tightly sealed container in the refrigerator for up to 3 days.

Nutritional analysis per serving (about 6 ounces): calories 30, fat 0g, saturated fat 0g, cholesterol 0mg, fiber 1g, protein 0g, carbohydrate 8g, sodium 0mg

## **Sparkling Watermelon Spritzer**

Prep time: 5 minutes

Serves: 4

- 1 1/2 cups watermelon
- 4 sprigs fresh mint
- juice of 1 lime
- 2 cups chilled sparkling water
- 1 cup ice (optional)

Place the watermelon and the mint in a blender and blend on high until uniformly combined, about 30 to 60 seconds. Add the lime juice and stir to incorporate. Pour the sparkling water into a pitcher and add ice, if using. Stir in watermelon mixture and mix to combine. Serve immediately. Best enjoyed when fresh, but you can store the melon mixture in a tightly sealed container in the refrigerator for up to 3 days; when ready to use, simply add sparkling water and enjoy.

Nutritional analysis per serving (about 6 ounces): calories 20, fat 0g, saturated fat 0g, cholesterol 0mg, fiber 0g, protein 0g, carbohydrate 5g, sodium 15mg

## **Sangria (sans alcohol)**

Prep time: 10 minutes

Serves: 6

- 8 ounces pomegranate juice (unsweetened, cold-pressed, not from concentrate)
- 4 ounces cranberry juice (unsweetened)
- juice and zest from 1 orange
- juice and zest from 1 lemon or lime
- 1/2 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 1 large lemon, sliced and pitted
- 1 cup pomegranate seeds or whole cranberries
- 8 ounces sparkling water
- ice (optional)
- lemon rind curls (optional for garnish)

In a large pitcher, mix the pomegranate, cranberry, orange and lemon or lime juices together. Stir in zests from fruit, cinnamon and nutmeg. Add in fruit slices and stir. Chill in the refrigerator for 2 hours and up to overnight. When ready to serve, add sparkling water and ice (if using) to the sangria. Stir to combine and garnish with lemon curls.

Nutritional analysis per serving (1 cup, with ice): calories 66, fat 0 g, saturated fat 0 g, cholesterol 0 mg, fiber 2 g, protein 0 g, carbohydrate 17 g, sodium 8 mg