

Skinny Eggnog

Ingredients

- 1 oz. Maker Mark 46 Bourbon
- 1 oz. Captain Morgan's Spiced Rum
- 1 Tablespoon maple syrup
- 2 oz. whole milk
- 4 oz. Polar Eggnog Seltzer
- 1 Tablespoon ground nutmeg for garnish

Directions

1. Combine all ingredients, except seltzer, in a blender and process until foamy and aerated. You can also froth by hand in a cocktail shaker with vigorous shaking.
2. Add crushed ice and swirl to chill.
3. Strain into a large wine goblet, top with Polar Eggnog Seltzer.
4. Garnish with nutmeg.

Nutrition Details

One Serving = 194 calories and 11.5g sugar

Source: shape.com



Spiced Hot Apple Cider

Ingredients

- 4 cups apple cider
- 1 cinnamon stick
- 5 whole cloves
- ½ cup applejack, (apple brandy)
- 2 tablespoons cinnamon schnapps
- Cinnamon sticks, for garnish

Directions

1. Bring apple cider, cinnamon stick and cloves to a boil. Reduce heat and simmer for 5 minutes. Add apple jack and schnapps.
2. Garnish with a cinnamon stick and serve hot.

Makes 6 Servings (3/4 cup each)

Nutrition Details

One Serving = 143 calories; 0g fat; 0 mg cholesterol; 23g carbohydrates; 0 g protein; 0g fiber; 0mg sodium; 0mg potassium

Source: eatingwell.com



Holiday Sangria



Ingredients

1 cup fresh organic cranberries
Juice from one orange
2 Tablespoons agave nectar
1 orange, sliced into thin circles and moons
1 pomegranate, seeds only
2 small persimmons, seeded and thinly sliced
1 bottle pomegranate wine
½ cup rum
½ cup cranberry juice, no sugar added
Bottle of sparkling water

Directions

1. In a medium saucepan heat the cranberries, orange juice and agave nectar to a boil. Simmer for 10 minutes until cranberries burst. Remove from heat and place in refrigerator for 30 minutes, until chilled. (Very important to make sure the cranberries are fully chilled!)
2. Place all of the ingredients into a pitcher. Chill for at least one hour. Serve and enjoy!

Makes 12 Servings

Nutrition Details

One serving = 92 calories, 0g fat, 0mg sodium, 8g carbohydrate, 0g fiber, and 0g protein. (This does not take into account the additional fruit pieces. If you eat the fruit pieces then calories and carbs will be higher!)

Source: realhealthyrecipes.com