BLUEBERRY TOM COLLINS

Here's a sweet and savory muffin we think you'll love! Loaded with lots of veggies (but hardly noticeable), low fat, great for breakfast or as a healthy snack, and a great post workout carb to help replenish your muscles

Ingredients:

- 1½ cups blueberries
- ¼ cup fresh lemon juice
- 2T raw honey
- 1 cup gin
- 7 cups club soda
- Crushed ice
- 8 lemon wedges



Directions:

1. In a large glass measuring cup combine 1 cup of the blueberries, the lemon juice and honey. Using a muddler or the back of a spoon, gently bruise blueberries against side of cup. Stir in gin.
2. Strain through a fine-mesh sieve into a large pitcher. Slowly pour in club soda; stir gently. Serve in glasses filled with crushed ice. Add the remaining 1/2 cup blueberries and lemon wedges. Makes 8 servings

NUTRITION PER SERVING:

Serving Size: 1 cup

Per Serving: 99 calories; 0g fat, 44mg sodium, 9g carbohydrates, 1g fiber, 7g sugar, 0g protein

ALLOY®