



LOW CALORIE COCKTAIL RECIPES

The Super Staff are serious about staying social, and when we're entertaining at home, we can't go past a delicious cocktail! These tasty low-Calorie cocktail recipes are regulars at our home bars and will make for one happy hour!

champagne cocktail

- ☐ sparkling pink wine
- ☐ strawberry (optional - just remember to count the extra calories!)

Place a strawberry in a 150ml champagne flute & fill glass with low Calorie, low alcohol soft sparkling pink wine (champagne)

TIP: Yellowglen Jewel Pink 65 has 30% fewer Calories, 40% less alcohol, 65 Calories per 150ml glass!

68 CALORIES

SERVES 1

CHAMPAGNE



bloody mary

- ☐ ice cubes
- ☐ 30 ml chilled vodka
- ☐ 60 ml chilled tomato juice
- ☐ 1tbsp fresh lemon juice & lemon slice
- ☐ ¼ tsp Worcestershire Sauce, or to taste
- ☐ ¼ tsp Tabasco Sauce, or to taste
- ☐ ground black pepper, to taste
- ☐ 1 celery stick with leafy top & 1 olive, to serve

Fill a glass 3/4 to the top with ice cubes. Add 30ml chilled vodka and about 60ml (1/4 cup) chilled tomato juice to almost fill glass. Add lemon slice, 1 tablespoon lemon juice and a dash of Worcestershire Sauce. Stir in a pinch of ground black pepper and Tabasco Sauce to taste. Add a celery stick and olive pierced with toothpick to garnish.

95 CALORIES

SERVES 1

VODKA

minty gin cocktail

- ☐ 30ml 100% unsweetened grapefruit juice
- ☐ 30ml gin
- ☐ squeeze of lime to taste
- ☐ ice cubes
- ☐ handful fresh mint leaves

Place ice cubes and mint leaves into cocktail shaker and shake for 10-15 secs, pour into chilled glass. Pour grapefruit juice and gin over ice. Garnish with mint leaves.

78 CALORIES

SERVES 1

GIN



mojito

- ☐ 4 mint leaves
- ☐ 2 tbsp lime juice
- ☐ 2g Stevia (sugar substitute)
- ☐ Crushed ice
- ☐ 30 ml vodka
- ☐ 1 splash (2 tbsp) soda water
- ☐ lemon or lime wedge for garnish

In glass, muddle mint leaves with lime juice and Stevia. Fill glass with ice, add vodka, top with soda water and garnish with lemon or lime wedge and sprig of mint.

86 CALORIES

SERVES 1

VODKA

margarita

- ☐ 30ml Tequila
- ☐ 15ml Cointreau
- ☐ 30ml fresh lime juice
- ☐ handful of ice cubes
- ☐ lime slice for garnish
- ☐ salt for rim of martini glass

Dampen rim of martini glass & dip in salt. Pour Tequila, Cointreau and lime juice into a cocktail shaker. Add ice cubes and shake for approx. 15 seconds. Strain into martini glass, add a lime slice for garnish and serve.

117 CALORIES

SERVES 1

TEQUILA



watermelon mimosa

- ☐ ½ cup (125ml) chilled watermelon juice
- ☐ ½ cup chilled (125ml) champagne or other dry sparkling wine

Add watermelon juice and champagne to champagne glass. Garnish with watermelon wedge & mint leaves to serve.

130 CALORIES

SERVES 1

CHAMPAGNE

cranberry & pomegranate mojito

- ☐ 1/3 cup (approx 83 ml) cranberry and pomegranate juice
- ☐ 1 tablespoon lime juice
- ☐ 30ml white rum
- ☐ ¼ teaspoon Stevia (sugar substitute)
- ☐ ½ cup (125ml) champagne
- ☐ 1 heaped tsp Pomegranate seeds and mint leaves for garnish

In a glass, add cranberry and pomegranate juice, lime juice, rum, and stevia. Mix well. Fill the glass with ice cubes and top it off with champagne and pomegranate seeds. Garnish with mint leaves.

80 CALORIES

SERVES 1

WHITE RUM



strawberry daiquiri

- ☐ 1 cup frozen strawberries
- ☐ 1 tablespoon lime juice
- ☐ ½ cup (125ml) light cranberry juice
- ☐ ½ teaspoon stevia (sugar substitute)
- ☐ ½ cup ice
- ☐ 30ml white rum
- ☐ lemon slice and mint to garnish

Place all ingredients in a blender and process until smooth. Garnish with mint and slice of lemon on rim of glass.

172 CALORIES

SERVES 1

WHITE RUM

pina colada

- ☐ 1 cup (250ml) coconut water, frozen into cubes
- ☐ ½ cup chopped fresh pineapple
- ☐ ½ cup (125ml) unsweetened light/reduced-fat coconut milk
- ☐ 30ml white rum
- ☐ 1 small pineapple wedges and mint for garnish

Place all ingredients in a blender and process to combine. Garnish with pineapple wedge and mint.

NOTE: If you use full-fat coconut milk it ups the Calorie count to 375 Calories.

247 CALORIES

SERVES 1

WHITE RUM



pimms champagne cocktail

- ☐ 25ml Pimms No. 1
- ☐ 125ml Champagne or other sparkling wine
- ☐ 2 Strawberries to garnish

In a chilled champagne flute, add Pimms & top up with champagne. Garnish with strawberries & enjoy!

133 CALORIES

SERVES 1

PIMMS

TOP TIP! These recipes are per glass, but if you're making a jug of special juice (wink* wink*) just Calculate the Calories of all the ingredients and divide by the number of glasses you get! The calorie content will still be the same as above for every same sized glass even if you make it in bulk.



mocktails

Fancy a special drink minus the alcohol? These mocktails are packed full of flavour without the Calories!

LEMON & MINT MOCKTAIL

Smash lightly together in a chilled glass a handful of mint leaves, 2 lemon slices, 3 raspberries, 3 strawberries, add ½ cup crushed ice and 1 cup (250ml) soda water, stir gently & garnish with mint sprig.

26 Calories
Serves 1

LEMON & MINT MOCKTAIL

Combine 6 mushed strawberries, a few fresh mint leaves, ¼ tsp honey, juice of ½ fresh lime and top up a chilled glass (240ml) with soda water and garnish with a fresh strawberry.

37 Calories
Serves 1

STRAWBERRY & PASSIONFRUIT MOCKTAIL

Combine 3 mushed strawberries, 30 ml lemon juice, ½ fresh passionfruit, top with soda water (approx 200ml). Decorate with orange slice on side of glass.

31 Calories
Serves 1

BERRY MOCKTAIL

Combine 1 cup mixed frozen or fresh berries, 1 tbsp plain yoghurt & ½ cup ice. Blend in food processor and serve with slice of lime on side of glass.

70 Calories
Serves 1

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