7 COCKTAIL RECIPES

Fresh, healthy & gourmet!

dr. kellyann
Seven Fun, Fancy, and Flirty Cocktails
For your 80/20 Plan

When you graduate from the Bone Broth Diet and start your 80/20 maintenance plan, you can celebrate with a cocktail—because now you can add alcohol back into your diet!

And here’s more good news: With a little tweaking, you can turn your favorite drinks into healthy drinks.

Here are seven fabulous recipes that will liven up any party AND give you the bonus of a nutritional “power up.” Salud!

For recipes, tips, and additional resources, visit: drkellyann.com
CLUCKER

Prep Time: 5 min • Yield: two (2) 10-ounce servings

1 cup homemade chicken broth, Dr. Kellyann’s SLIM® Chicken Bone Broth or Dr. Kellyann’s SLIM® Collagen Broth
¼ cup apple juice
1 tablespoon freshly squeezed lemon juice
2 to 4 slices ginger root, scored to release juice
2 ounces potato vodka
1 cup club soda or seltzer water
Homemade chicken broth, Dr. Kellyann’s SLIM® Chicken Bone Broth or Dr. Kellyann’s SLIM® Collagen Broth ice cubes or regular ice cubes
2 lemon wedges for garnish
2 tiny basil leaves, optional for garnish

Directions:
Combine bone broth, apple juice, lemon juice, and ginger in a pitcher or cocktail shaker and whisk or shake well. Place ice cubes in a tall highball glass, add vodka and cocktail mixture, and top with club soda or seltzer water. Garnish with lemon wedge and optionally basil leaf.
ORANGE GINGER FIZZ

Prep Time: 5 min • Yield: two (2) 8-ounce servings

½ cup homemade chicken broth, Dr. Kellyann’s SLIM® Chicken Bone Broth or Dr. Kellyann’s SLIM® Collagen Broth
½ cup orange juice
2 to 4 slices fresh ginger, scored to release juice
1 teaspoon orange zest, reserve ½ teaspoon for garnish
1 to 1 ½ cups club soda or seltzer
2 ounces potato vodka
Homemade chicken broth, Dr. Kellyann’s SLIM® Chicken Bone Broth or Dr. Kellyann’s SLIM® Collagen Broth ice cubes or regular ice cubes
2 orange twists, optionally for garnish
1 stalk lemongrass, optionally for garnish

Directions:
Combine bone broth, orange juice, ginger, and orange zest in cocktail shaker and shake well. Fill two tall glasses with ice, add 1 ounce potato vodka to each glass, add cocktail mix, and top with club soda or seltzer. Garnish with ½ teaspoon reserved orange zest and optionally lemon grass stalk and orange twist.
**BLOODY BULL**

**Prep Time:** 5 min • **Yield:** two (2) 9-ounce servings

1 cup homemade beef broth, [Dr. Kellyann’s SLIM® Beef Bone Broth](#) or [Dr. Kellyann’s SLIM® Collagen Broth](#)
1 cup organic tomato or vegetable juice
2 ounces potato vodka
Homemade beef broth, [Dr. Kellyann’s SLIM® Beef Bone Broth](#) or [Dr. Kellyann’s SLIM® Collagen Broth](#)
Ice cubes or regular ice cubes
Celery sticks, lime wedges, or Spanish olives

**Directions:**
Combine all ingredients in a pitcher or drink shaker. Pour into two tall glasses. Add additional ice if desired and garnish with your choice of garnishes.
SAVORY ORANGE BASIL COCKTAIL

Prep Time: 5 min • Yield: two (2) 8- to 10-ounce servings

1 cup homemade chicken broth, Dr. Kellyann’s SLIM® Chicken Bone Broth or Dr. Kellyann’s SLIM® Collagen Broth
1 navel or Valencia orange, peeled and seeded
1 medium ripe tomato, rough chopped
¼ cup fresh basil, plus basil for garnish
⅔ cup full-fat coconut milk
1 teaspoon orange zest, reserve ½ teaspoon for garnish
2 ounces potato vodka

Homemade chicken broth, Dr. Kellyann’s SLIM® Chicken Bone Broth or Dr. Kellyann’s SLIM® Collagen Broth ice cubes or regular ice cubes

Directions:
Combine all ingredients except vodka and ice in a blender and process until smooth. Fill two tall glasses with ice, add 1 ounce potato vodka to each glass, add cocktail mix, and stir. Garnish with basil and orange zest.
CUCUMBER MELON COOLER

Prep Time: 5 min • Yield: two (2) 12-ounce servings

1 cup homemade chicken broth, Dr. Kellyann's SLIM® Chicken Bone Broth or Dr. Kellyann's SLIM® Collagen Broth
1 cup ripe honeydew melon, chilled and rough chopped
½ English cucumber, peeled, seeded, and rough chopped, plus 2 vertical slices for garnish
¼ cup fresh lime juice, about 1 to 2 limes, plus wedges for garnish
3 tablespoons fresh cilantro leaves, plus a few leaves for garnish
¼ to ½ teaspoon jalapeño hot sauce or 2 pinches cayenne
2 ounces Padron tequila or potato vodka
Homemade chicken broth, Dr. Kellyann's SLIM® Chicken Bone Broth or Dr. Kellyann's SLIM® Collagen Broth ice cubes or regular ice cubes

Directions:
Place all ingredients except vodka and ice in a blender and blend until pureed. Fill two tall glasses with ice, add 1 ounce potato vodka to each glass, add cocktail mix, and stir. Garnish with cucumber stick, lime, and cilantro.
SUMMER COOLER

Prep Time: 5 min • Yield: two (2) 10-ounce servings

1 cup homemade chicken broth, Dr. Kellyann’s SLIM® Chicken Bone Broth or Dr. Kellyann’s SLIM® Collagen Broth
½ cup pineapple chunks
½ English cucumber, peeled, seeded, and roughly chopped
2 tablespoons freshly squeezed lemon juice, plus lemon slices for garnish
4 fresh mint leaves, plus more for garnish
2 ounces potato vodka
Homemade chicken broth, Dr. Kellyann’s SLIM® Chicken Bone Broth or Dr. Kellyann’s SLIM® Collagen Broth or regular ice cubes

Directions:
Combine all ingredients except vodka and ice in a blender and blend until smooth. Fill two tall glasses with ice, add 1 ounce potato vodka to each glass, add Summer Cooler mix, and stir. Garnish with lemon and mint.
BLOODY MARY

Prep Time: 5 min • Yield: two (2) 9-ounce servings

1 cup homemade beef broth, Dr. Kellyann’s SLIM® Beef Bone Broth or Dr. Kellyann’s SLIM® Collagen Broth
1 cup organic tomato or vegetable juice
1 tablespoon freshly squeezed lime juice
½ teaspoon Worcestershire sauce
½ teaspoon tabasco or your favorite hot sauce
¼ teaspoon prepared horseradish, or more to taste
Dash freshly ground pepper
Dash Celtic or Pink Himalayan salt if juice is salt-free
2 ounces potato vodka
Homemade beef broth, Dr. Kellyann’s SLIM® Beef Bone Broth or Dr. Kellyann’s SLIM® Collagen Broth ice cubes or regular ice cubes
Cooked bacon strips, celery stalks, cooked shrimp, Spanish olives, or lime wedges for garnish

Directions:
Combine all ingredients in a pitcher or drink shaker. Pour into two tall glasses. Add additional ice if desired and garnish with your choice of garnishes.

Variation:
Bloody Maria: Substitute Padron tequila for vodka and add ¼ to ½ teaspoon sauce from canned chipotle in adobo. This imparts a smoky, hotter taste to the cocktail.