

7 COCKTAIL RECIPES

Fresh, healthy & gourmet!



dr. kellyann

CHEERS!

—7—

COCKTAIL RECIPES

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!*



Dr. Kellyann
XO

For recipes, tips, and additional resources, visit:

drkellyann.com



COCKTAIL RECIPES



CLUCKER

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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.



COCKTAIL RECIPES



**ORANGE GINGER
FIZZ**

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.



COCKTAIL RECIPES



BLOODY BULL

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.



COCKTAIL RECIPES



SAVORY ORANGE BASIL COCKTAIL

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.



COCKTAIL RECIPES



**CUCUMBER MELON
COOLER**

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.



COCKTAIL RECIPES



SUMMER COOLER

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 rough 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](#) ice cubes 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.



COCKTAIL RECIPES



BLOODY MARY

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.