

# Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



## Clean Eating Recipes of the Month

### Grilled Lemonade (with a KICK!)

(Makes 8 servings)

This drink combines two classic symbols of summer: a **sizzling grill** and an ice-cold glass of **lemonade**.

#### Ingredients

- 6 pounds (about 16) lemons, halved
- 1/2 Sugar
- 1/2 cup water
- 1/2 cup honey
- 2 rosemary sprigs (optional)
- 1 cup Bourbon
- Ice



#### Instructions

. Dip cut side of lemons in sugar. Set aside on a tray to be grilled. Combine 1/2 cup sugar, water, and honey in a saucepan or disposable aluminum tray. Add rosemary and heat grill to medium-high heat. (For additional rosemary flavor, throw a handful of rosemary sprigs on the hot coals just prior to grilling.) Grill lemons cut-side down until nice grill marks appear, about 5 to 7 minutes. Remove from grill and set aside to cool. While grilling lemons, place saucepan with honey syrup on the grill. Heat syrup until sugar and honey are fully dissolved and desired amount of rosemary flavor has been infused into the syrup. When lemons are cool, squeeze juice into a pitcher. Add syrup and water to taste, bourbon, and ice. Stir well and serve.

#### Nutritional Information (per serving)

Calories...230 / serving

**Healthy Living Program** ~ creating body, mind and spiritual health for life!

**McCoy**  
Fitness & Health

[www.mccoyfitness.ca](http://www.mccoyfitness.ca)

# ITALIAN Summer Sipper

(Makes 8 servings)

Combine **strawberries** with classic **Italian ingredients** of fresh basil and balsamic vinegar to create this pretty drink.

## Ingredients

- 2 strawberries
- 3 sprigs fresh basil, divided
- 1 1/4 ounces tequila!
- 4 drops balsamic vinegar
- 1 ounce fresh lime juice
- 2 ounces distilled water
- 1 tablespoon plus 1 teaspoon sugar

## Instructions

. Muddle strawberries and 2 sprigs basil in a mixing glass. Add tequila, vinegar, lime juice, water, and sugar, shake and serve over the rocks. Garnish with remaining sprig basil.



## Nutritional Information (per serving)

Calories...165 / serving

---

**SIPPING TIPS:** If you want to cut calories, before you 'indulge', throw back a scoop of protein powder with water...it'll curb your cravings and ensure you SIP your drinks more slowly.

And choose drinks with club soda or tonic in them....they are lighter in calories. And forgo the diet sodas...they just re-start that sugar craving in your mouth, science has shown! So aim for a vodka and soda instead of vodka with diet coke!

**McCoy**  
Fitness & Health