

“Outfit your cooking & bar space with the best”



## Low Calorie Summer Drinks Recipes and Tips on How to Give Customers the Skinny

It's bathing suit “Crop Over” season and calorie conscious customers are looking for light, but refreshing ways to cool off this summer. Learn how to add and promote low-calorie beverages on your menu. Check it out here!

Crop Over is just around the corner and consumers will soon be looking for new, tasty ways to cool off. Bajans are growing increasingly health-conscious and having a few low-calorie options advertised on your menu is a great way to cater to those consumers.

To give you an idea, here is a recipe for a Barbecued Bloody Mary. It's a tasty twist on the traditional day-time drink, though for Mary I think barbecuing probably just adds to her woes:

### Low-calorie Drink Contest!

**No matter how you decide to appeal to the calorie-conscious, adding some new and interesting low-calorie options to your cocktail menu is essential. If you find yourself short on ideas, one easy way to come up with a new summer cocktail is to spice up the internal competition with a mixology contest. Chances are your bartenders already have some pretty great ideas, and offering the incentive of putting one on the menu could be enough to get the creative juices flowing.**

**Serves: 12**

**Calories: 167**

**Ingredients:**

12 oz Tomato Juice  
2 oz Beef Stock  
1 oz Molasses  
2 c Coarse Salt  
1 ml Bourbon  
1 t Crushed Chipotle Peppers  
1 t Onion Powder  
1 t Cayenne Pepper  
6 Lemons  
2 Jalapenos

**Directions:**

- First, build a charcoal fire on one side of the grill for indirect cooking.
- To make smoked lemon juice, cut the lemons in half and place on aluminum foil or an aluminum baking sheet. Leave the lemons on the empty side of the grill with the lid covered for 30 minutes. Keep the lid closed and be sure that the grill temperature stays at around 225°. After a half-hour, remove the lemons and let them cool.
- Next, spread a thin layer of coarse salt over an aluminum pan or foil. Leave this on the empty side of the grill for an hour. After one hour, let it cool to room temperature in a sealed container.



- As the salt is getting nice and smoky, make your Bloody Mary mix. Combine the juice from 2 lemons along with molasses, beef stock, onion powder, cayenne pepper and tomato juice. Place in a sealed container and refrigerate until ready to use.
- For a garnish, cut thick slices of jalapeno peppers and grill on the flame side for one to two minutes on each side of the pepper.
- Line the rim of your glasses with lemon juice from the remaining smoked lemons and dip into the smoked salt. Combine four ounces of your Bloody Mary mix with two ounces (or more if you're feeling saucy) of bourbon and garnish with lemon wedges and jalapeno peppers.
- Watch customers go crazy for this beverage at all hours of the day and night.

Prefer to leave Mary unscathed? Here's a list of some of other tantalizing low-calorie summer drink recipes we've seen:

1. Eating Well has [this simple recipe](#) for rosemary-infused cucumber lemonade, which features tasty agave syrup instead of sugar. Adding vodka to this recipe only tacks on a few calories and changes nothing of its refreshing deliciousness.
2. Fitness Magazine has a [great recipe](#) for a light mojito fresco, which tastes great and is only 95 calories!
3. Margaritas are a great low-calorie drink that customers can't get enough of. Health Magazine has a [comprehensive collection](#) of nine low-calorie margarita recipes that you can adapt to make your own.

While some might argue that alcoholic beverages in any form aren't great for your health, it can't be denied that adding low-calorie drinks to your cocktail menu is great for business.