

Mary on Holiday

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Servings: 1

2 ounces ginger beer (Bartels suggests Fever Tree)

1 1/2 ounces pineapple juice

1 1/2 ounces tomato juice

3/4 ounce fresh lemon juice

1/2 ounce honey syrup (equal parts honey and water)

2 pinches cayenne pepper

1 thin slice cucumber, sliced

lengthwise like a surfboard

slice lemon (for garnish) (optional)

slice heirloom tomato or a cherry

tomato (for garnish) (optional)

mint sprig (for garnish) (optional)

Pour the ginger beer, pineapple juice, tomato juice, lemon juice and honey syrup into a cocktail shaker filled with ice. Sprinkle with cayenne.

Using a second cocktail shaker or a large glass, pour the drink back and forth between the two shakers three times to mix. (DO NOT COVER AND SHAKE or the drink will explode.)

Strain into a highball glass. If desired, garnish with a lemon slice, tomato slice or mint sprig.

Per Serving (excluding unknown items): 76 Calories; trace Fat (5.1% calories from fat); 3g Protein; 18g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 160mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1/2 Fruit; 0 Fat.