

Mocktail Mary

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While this non-alcoholic version of a Bloody Mary does contain some sugar (in the tomato juice), it's an every now and again social option – just stop at one drink, or dilute it with water to make it go further. On the bright side, that sugar's balanced by the phytochemical lycopene (which gives the tomato its red colour) which is protective against prostate cancer – so this is definitely an option for men! (You could always add a shot of vodka if you really wanted to).

Serves 4
Prep time 1 minute
Difficulty ●●●

Per serve (1 large glass)
Carbs 13.1 g
Protein 2.7 g
Fat 0.5 g
Energy 70 Cal

INGREDIENTS

ice cubes
1 litre tomato juice
1 tsp celery salt
2 tbsp Worcestershire sauce
1 stalk celery
a few drops of Tabasco hot sauce

METHOD

Fill tall glasses with the amount of ice cubes you like. Mix the remaining ingredients in a jug and pour into the glasses.