

Sparkling Virgin Apple Martini/Caramel Apple Martini

Makes 1 serving (1 fruit)
0 protein
0 fat
45 calories

Ingredients

- 1 apple, juiced (use pulp for **Meatloaf** or **Apple Cookies**)
- 6 ounces chilled sparkling mineral water
- 2 tablespoons lemon juice
- Vanilla or English toffee liquid Stevia (optional)
- Apple slice for garnish
- Crushed ice (optional)

PHASE 3 MODIFICATION:

Add one shot of vodka.

Directions

1. Combine apple and lemon juices with flavoured Stevia.
2. Add sparkling mineral water and ice if desired.
3. Serve in a martini glass with a slice or curl of apple peel for garnish.
4. Works great with tangy apples like granny smith or for a sweeter apple-tini you can use red delicious or other sweet apple.

Variation:

For a **Caramel Apple Martini**, add a little English toffee Stevia instead of vanilla.



telephone
email
website

(416) 477 - 1345
info@HCGDIETCANADA.com
www.HCGDIETCANADA.com