

OVERSTOCKED WITH FRUIT FROM THE FARMERS' MARKET? MAKE A PURÉE FOR DRINKS WITH A LITTLE WATER, SUGAR, AND LEMON JUICE, AND FREEZE.

BLACK CHERRY SPRITZER

Whole black cherries lend a rich, sweet taste and are brimming with anthocyanins, fiber, and immunity-boosting vitamin C. Agave nectar is a low-glycemic natural sweetener.

MAKE IT Combine ¼ cup pitted black cherries and 1 tsp agave in a glass; crush gently. Add 8 oz seltzer and stir. Top with ice.



SPIKE IT Stir in 3 oz red wine, such as Les Chemins de Bassac Pinot Noir 2009. From a family-owned organic vineyard in Southern France, this easy-drinking vino is ripe with red berries. \$15 for 750 ml, astorwines.com

PER DRINK: 44 calories; 12 g carbs

MUDDLED GINGER-MINT LEMONADE

The soothing and cleansing properties in citrus, mint, and ginger make this a smart (and zesty) digestif. Lemon juice packs in vitamin C.

MAKE IT Muddle ½ lemon (cut into wedges), 1-inch piece fresh ginger (peeled and sliced), 4 sprigs fresh mint, and 1½ tsp honey in a glass. Stir in 1 to 2 oz water. Top with crushed ice.



SPIKE IT Stir in 1 oz bourbon, such as Maker's Mark. With bold vanilla notes and a creamy body, this trusty stalwart is made of locally sourced corn and wheat. Plus, the Kentucky distillery recycles almost 100 percent of its production waste. \$25 for 1 liter, at liquor stores

PER DRINK: 42 calories; 11 g carbs

BLUEBERRY-POMEGRANATE SLUSHY

With a piquant sweet-tart flavor, this icy cooler is chock-full of cancer-fighting flavonoids, phytochemicals responsible for the fruits' pigments. Pomegranates also boast vitamin K, essential for proper blood clotting.

MAKE IT Purée ½ cup frozen blueberries, ½ cup pomegranate juice, 1 tsp agave, and ½ cup ice in a blender until smooth. Serve immediately.



SPIKE IT Blend with 1 oz gin, such as Death's Door. This small-batch Wisconsin favorite gets its fragrant profile from a botanical blend of organic juniper berries, coriander, and fennel. \$32 for 750 ml, deathsdoorspirits.com for stores

PER DRINK: 130 calories; 32 g carbs

