



Mojito Mocktail/Cocktail

Makes 2 servings in 10 minutes

There's something so refreshing about a mojito! It's that Cuban rum cocktail of "muddled" mint, lime, sugar, and rum with sparkling water. But it's usually way too sweet and can take your blood sugar on a roller coaster ride. Luckily, this mojito is made with allulose, a naturally occurring sugar present in fruit. It's the perfect replacement for table sugar or agave in cocktails because it has a neutral flavor, doesn't raise blood sugar, or have the cloying aftertaste of many sugar substitutes. I trade vodka for rum, to further reduce the sweetness.

Ingredients

20 fresh mint leaves, torn into pieces
2 limes, cut into wedges (save two wedges to garnish)
2 ounces liquid allulose
10 ounces sparkling water
4 ounces white rum or vodka

Directions:

Place the lime wedges, mint leaves and allulose in a sturdy wide mouth jar. Use a muddler or wooden spoon to crush the lime and mint until their juices are well mixed (pound for 30 seconds). Add the sparkling water to the jar and mix well. Taste and adjust the balance of sweet and sour. Pour into cocktail glasses filled with ice, and vodka or rum if desired. Cheers!