

REFRESHING

Pink Grapefruit Cosmopolitan

When it's cocktail time and you want something refreshing and beautifying, this is the perfect choice.

Ingredients

- 1 grapefruit, freshly squeezed
- 5 cranberries, fresh or frozen (plus extra for garnishing)
- 1-2 teaspoons agave nectar (as desired)
- 1 handful of ice

Directions

1. Place grapefruit juice, cranberries, agave nectar and ice in a blender and blend on high for 60 seconds.
2. Pour mixture through fine mesh strainer into martini glass.
3. Garnish with a cranberry.

Benefits

Drinking astringent fruits like grapefruit and cranberries will get the lymph nodes moving and flush the body of cellulite.

