

Lisa Lillien

Hungry Girl

HAPPY HOUR



**OVER 75
RECIPES**

for amazingly fantastic
guilt-free cocktails & party foods

Hungry Girl Happy Hour



Also by Lisa Lillien

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Hungry Girl Happy Hour



75 Recipes for Amazingly Fantastic Guilt-Free Cocktails and Party Foods

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New York



www.hungry-girl.com

This book is dedicated to all of the fun-loving HG fans who can drink legally and choose to drink responsibly. Designated drivers **ROCK**.

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Bottoms up!

Hungry Girl Happy Hour



Introduction

Welcome to *Hungry Girl Happy Hour*, the cutest cocktail book in the universe! On these pages you'll find recipes for 50 amazingly delicious, completely guilt-free cocktails and 25 incredible HG-friendly party foods. These drinks and snack foods are SO fantastic, no one would EVER believe they're low in calories and fat. NO ONE. Not your skeptical nosy neighbor. Not your diet-food-hating best friend. Not even your beer-guzzling husband. So quit procrastinating and start flipping through this book. Like, NOW.

Things to Have on Hand

There's no fancy-schmancy stuff required. Here's a list of simple things you should keep around...

A variety of glasses.

A few martini glasses (small and large), several tall and short glasses, a couple of shot glasses, and some margarita glasses will keep you covered.

A shaker.

Aside from helping to chill your drinks, shakers are FUN. Plus, most standard shakers include a strainer—two tools in one!

A blender.

There's a whole chapter about blended drinks. To enjoy these, you'll definitely need a blender.

Measuring cups and spoons.

Your basic kitchen tools will do. (See Handy-Dandy Conversion Chart.) But if you're feeling fancy, invest in a jigger and a spouted measuring cup with markings for each fluid ounce.

A muddler and a corkscrew.

You'll only need these for a handful of recipes. But they're worth having around.

Nonessentials for added enjoyment.

Colorful bendy straws, little paper umbrellas, toothpicks shaped like swords, a tip jar (you never know)...These will WOW your friends when they come over for drinks!

Things to Know

Look for rum, vodka, and tequila with 40% alcohol content (80 proof). This will ensure that your drinks taste delicious and that the nutritional info is 100% accurate.

Whenever possible, keep your cocktail ingredients cold. This way, your drinks won't be warm or watered down.

You can de-booze most of these drinks by swapping out the liquor for something else. When it comes to soda-based drinks, use an equal amount of extra soda in place of the alcohol. For creamy drinks, use more of the creamy liquid base (usually light soymilk).

Like most cocktail recipes, ours list liquid ingredients by the fluid ounce. But if you're working with measuring cups and spoons, this should help...

Handy-Dandy Conversion Chart

1 ounce = 2 tablespoons

2 ounces = $\frac{1}{4}$ cup

8 ounces = 1 cup

And if you're working with a shot glass or a jigger, know that 1 shot is the equivalent of 1½ ounces or 3 tablespoons.

Recommended Products

Sugar-Free Calorie-Free Flavored Syrup

Torani Sugar Free

HG Heads Up! Look for Torani at specialty stores like BevMo! and Cost Plus World Market, or order online at torani.com. Some of the more common flavors—like vanilla—can be found at supermarkets in the coffee aisle. You can also find many flavors of sugar-free syrup at some coffee chains—just ask for a few ounces of the syrup to go!

25-Calorie Packets Diet Hot Cocoa Mix

Swiss Miss Diet, Nestlé Fat Free

No-Calorie Sweetener Packets

Splenda

HG Heads Up! As far as taste is concerned, Splenda is BY FAR our favorite. However, if you prefer an all-natural option, stevia will work, too.

Light Vanilla Soymilk

8th Continent Light, Silk Light

HG Alternative! Although technically not soymilk, Blue Diamond Unsweetened Vanilla Almond Breeze is an amazing milk swap with only 40 calories per cup. Use this stuff and your cocktails will have even fewer calories. Find it with the non-refrigerated boxed milks at select supermarkets and health food stores.

Diet Cranberry Juice Drink

Ocean Spray Diet

Diet Lemon-Lime Soda

Sprite Zero

Sugar-Free Powdered Drink Mix

Crystal Light

Fat-Free Vanilla Ice Cream

Breyers Smooth & Creamy Fat Free

HG Alternative! Dreyer's/Edy's Slow Churned Light Ice Cream may not be fat-free, but it tastes FANTASTIC and won't affect recipe nutritional values very much at all.

One last thing:

Please, please, please drink responsibly. (That includes being of the legal drinking age.) Just 'cuz you're drinking guilt-free cocktails doesn't mean you won't be guilty of doing something TERRIBLY stupid if you drink and drive. So be safe, okay?

That's it...COCKTAIL TIME!

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