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# New Year, New You: San Diego Cocktails – Healthy Options

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## These San Diego Cocktails Will Keep You on Track!

**Celebrate the New Year and stay on your diet with these healthy San Diego cocktails.**

Whether or not you are looking to slim down to a new you for the upcoming New Year, local bars and lounges are making it easier for health-conscious customers to enjoy healthier ingredients and low calorie options in their drinks.

Here are some creative cocktail options that you can indulge in, guilt-free. Enjoy this fun cocktail round up so you can stay healthy while imbibing this holiday season!

**Skinny Strawberry Lemonade** – This skinny yet spiked specialty cocktail can be found at North Park's [Air Conditioned Lounge](#), and perfectly combines fresh strawberries and Van Gogh Blue Vodka with Crystal Light Lemonade, which adds the tangy flavor of homemade lemonade without the calories.

**Skinny Margarita** – Don't let dietary concerns ruin your day at the beach. Pacific Beach's [Duck Dive](#) offers a low-cal compromise to a classic cocktail, blending or shaking a combination of Olmeca

Los Altos Plata tequila, fresh lemon and lime juices, and agave nectar. The nectar in this skinny drink is a natural alternative to sugar, while the citrus is an excellent source of anti-inflammatory flavonoids that fight against heart disease.

### Antioxidant

**Mimosa** – A specialty drink unique to any of the three **Fig Tree Café** locations, this champagne cocktail is available all day and comes in three variations: açai, goji and mangosteen.



Each flavor is rich in antioxidants, which fight free radicals that injure cells and damage DNA.

**Spiced Apple Cider-tini** – This craft cocktail offers both health benefits and a way to celebrate the season. North County's **Union Kitchen and Tap** perfectly pairs Ketel One Vodka and naturally sweet St. Germain with apple juice, agave nectar, lemon juice, and freshly ground cinnamon with a cinnamon stick garnish. Beneficial properties of this spice include anti-blood-clotting actions and anti-microbial activity, as well as blood sugar control.

**Chichaito** – **Viva Bar + Kitchen** is renowned for its bold flavors, including its cocktail list. This Puerto Rican-inspired import is made of Cachaca, anise, honey and lemon: anise lends a taste of licorice as well as a load of antioxidants, while honey possesses antiseptic and antibacterial properties.

**Vitamin C** – this **Sandbar Sports Bar and Grill** specialty is aptly named Vitamin C for the essential nutrient which has long been known to boost immune systems, but also contains antioxidants that fight cell damage. All this, with a tropical twist, is delivered in a blend of Smirnoff blueberry and passion fruit vodka and peach schnapps with pineapple, orange and cranberry juices.

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