

Happy Hour Health Kick

An apple (cocktail) a day keeps the doctor away, according to this boozy trend

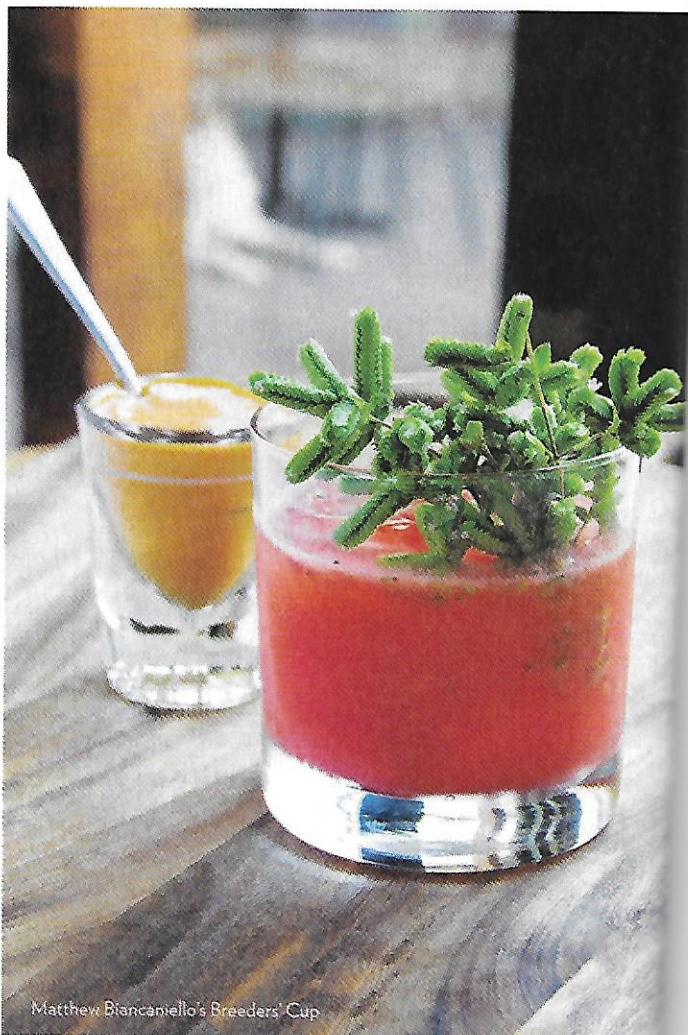
IS IT A CLEANSE? A cocktail? Both? Apparently, now you can have your shots and get a little healthier too. While it may not be entirely accurate to call any sort of alcoholic beverage “healthy,” fresh produce and antioxidants have found their places behind the bar. Whiskey, meet wheatgrass.

Los Angeles barkeep Matthew Biancianiello pioneered the trend seven years ago, when he set up his bar at the Hollywood Roosevelt Hotel to mimic the local farmers markets he haunted in search of fresh, organic ingredients. “With all the produce lined up, people would ask, ‘Is this a bar or a buffet?’ It was the best compliment ever.”

Word spread quickly of the mad-scientist persona whipping up wonderfully weird drinks using everything from okra to arugula, and curious tippers came in droves for this “eat your drink” phenomenon. Biancianiello’s passion for delicious, good-for-you drinks led to his new book, *Eat Your Drink: Culinary Cocktails*, featuring more than 50 recipes that follow the structure of a meal.

From hip haunts in New York City to neighborhood bars in the South, the superfood-and-shot trend is strong but not too intoxicating. Biancianiello says you’re less likely to experience a hangover imbibing culinary cocktails.

“With real-food ingredients, your drink becomes [packed with antioxidants] to protect your cells and makes alcohol less harsh on your body,” agrees Dr. David Greuner, a cardiovascular surgeon and creator of his own cleansing cocktail. —LANEE LEE



Matthew Biancianiello's Breeders' Cup

SUPPLEMENTED SIPS FROM ACROSS THE COUNTRY

THE LAZY GOAT
GREENVILLE, SOUTH CAROLINA
Thelazygoat.com

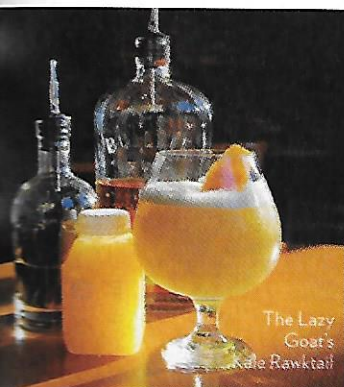
Cocktail: Kale Rawktail
Ingredients: Cucumber, celery, lime, lemon, kale, ginger beer, Absolut Orient Apple vodka
Benefits: Featuring three green superfoods (yes, cucumbers are considered superfoods), it’s nutrient-rich and deemed purifying.

THE KITCHEN
DENVER
Thekitchen.com/the-kitchen-denver

Cocktail: The Pat Sage Act
Ingredients: CapRock Gin, Strongwater Peach & Rose Shrub, lime juice and muddled sage leaves
Benefits: Peach & Rose sipping vinegar is said to be a health tonic that may increase vitality by clearing toxins and inflammation from the body.

LA CUEVITA BAR
LOS ANGELES
Lacuevitar.com

Cocktail: My Own Master
Ingredients: Vodka, organic honey (or maple syrup), fresh lemon juice, cayenne pepper, sparkling water
Benefits: It’s a boozy version of the 10-day Master Cleanse drink. The properties of this drink are said to detoxify, while also boosting metabolism via the cayenne pepper.



The Lazy Goat's Kale Rawktail