

HAMPTONS

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5 Bikini-Friendly Cocktail Recipes from Hamptons Bartenders

Don't let sweet summer cocktails derail your nutrition routine. Instead, sip on these low-calorie alternatives concocted by Hamptons bartenders.

THE SOCIAL COOLER AT SOUTHAMPTON SOCIAL CLUB



Watermelon is naturally sweet in flavor and it's full of vitamins A, B6, and C; lycopene; antioxidants; and amino acids. Tequila also has some surprising health benefits because it helps the body absorb calcium, which is essential in order to burn fat.

1.75 oz. jalapeño-infused Don Julio Tequila

1 oz. watermelon puree

.75 fresh lime

.75 simple syrup

For the jalapeño-infused tequila: Slice three washed and destemmed jalapeños and place in a large quart size jar. Pour tequila in the jar and close with a lid. Shake slightly and store in a dark place for 2-3 days. Strain tequila through a fine mesh strainer.

For the watermelon puree: Puree watermelon in a blender and strain through a fine-mesh strainer.

Combine all ingredients in a large shaker with ice. Shake and strain into a glass filled with ice. Garnish with a slice of watermelon and jalapeño for extra heat.

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