

# Hallelujah! Spiked Sparkling Water



For those who want to have a beverage that contains alcohol but zero carbs (or close to it), the beverage companies are finally listening!

The only drawback I see to this category of beverage is you have to remember you're not just drinking water! You have to sip it; not guzzle it.

The category is called Spiked Sparkling Waters.

I have found 6 so far, all thanks to Dieter Hannah and her mother. Hannah tipped me off to a beverage her mother found that she thought just might work as Hannah transitioned in Plan Z from losing weight to learning how to maintain her weight forever. Hannah has a smart mom.

Brand names include: Truly, Smirnoff Spiked Sparkling, Sauza Agua Fuerte, White Claw Hard Seltzer and Henry's Hard Sparkling.

I have tried two so far. I liked them.

One of the awesome things about these offerings is the beverage

companies are stepping outside the normal lemon, lime and orange offerings. They are mixing up some interesting, more exotic, combinations including things like grapefruit/pomelo, black raspberry, mango, pomegranate and wild berry. Some are offering variety packs too. Can you say, "Healthy Party?"

Some interesting details:

The carbohydrates involved in a single serving range from ZERO to 2. You can find a few low carb beers in the 3 range, but this is progress, and for those of us who don't like beer it's a nice, refreshing change. Most beers are up in the 7-9 carbs per serving and some top out at almost 20. This gives you a beverage with less kick than a martini that you can feel okay about drinking at the pool party or after a tough game of softball at the park.

The Sauza Agua Fuerte is featuring tequila as it's alcohol base. Things like vodka, whiskey, and tequila have no carbs in them so they make a good base to a cocktail. This one will have a little different flavor profile than the others using a pure alcohol base. Think very light margarita.

White Claw Hard Seltzer features its water. They use a special technology they are very proud of to give you a pure drink experience.

Henry's is the lowest in calories at 88. For those who still count calories that might factor in but they are all about 100 so who cares about a few calories here and there. It's the counting of the carbs that counts.

Good news is there are no artificial sweeteners in any of them. A couple use a cane sugar in the fermentation process but when it results in ZERO or 2 grams of carbs in the final product I'm not worried about it.

So imbibe in moderation and celebrate the fact that you have more options now. Bring your own to the party until the other hosts figure out they should be drinking this too.

Enjoy!

Cheers,

*Zola*



# Zola Pops

Try them with spiked sparkling water for a grown-up twist.