



Alcohol isn't exactly considered a healthy lifestyle choice; more often than not, it's associated with empty calories and bad decisions. But that doesn't mean there aren't a few benefits to drinking in moderation. Gin is made from juniper berries, little dark purple nuggets with superfood powers. These berries can help fight infection and prevent heart disease, improve blood circulation and even help fight kidney and liver disease. Mix it with some elderberries and the health benefits multiply.

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MAKE IT HEALTHY(ish)

Elderberry Gin & Tonic

4 fluid ounces tonic water	1 tablespoon fresh squeezed lime juice
2 fluid ounces gin (made from juniper berries)	1 tablespoon black elderberry extract

Mix all ingredients and serve in a rocks glass over ice.

Serves: one.

