



Antioxidant Bloody Mary

5 minutes

Hands on

4

Portion(s)

1

Difficulty



Method

- In a blender, add all of the ingredients apart from the ice cubes.
- Beat until all of the ingredients are completely combined.
- Add the ice cubes to serving glasses and fill with bloody Mary mixture.
- Serve with celery stalks, pitted olives, pickled peppers and fresh cucumber pickles.

Tip

It is quite spicy since it is an antioxidant recipe!!

Ingredients

- 800 g tomato puree
- lemon juice, of 1 small lemon
- 1 tablespoon(s) horseradish sauce
- 1/2 tablespoon(s) tabasco
- 1 tablespoon(s) worcestershire sauce
- 1 clove(s) of garlic
- 1/2 teaspoon(s) mustard, powder
- 1/2 teaspoon(s) pepper
- 1/2 teaspoon(s) ginger, powder
- 1/2 teaspoon(s) paprika, sweet
- 1/2 teaspoon(s) nutmeg
- 1/4 teaspoon(s) cloves, powder
- 1/2 teaspoon(s) chili flakes
- 1/4 teaspoon(s) cinnamon
- 1/4 teaspoon(s) cardamom, powder
- 1 teaspoon(s) salt
- ice cubes

To serve

- 1 stick(s) celery
- olives, pitted
- pickled peppers
- [pickled cucumber](#)

Διατροφικός πίνακας

Nutrition information per portion

77 Calories (kcal) 4%	1.4 Total Fat (g) 2%	0.2 Saturated Fat (g) 1%	9.8 Total Carbs (g) 4%
7.9 Sugars (g) 9%	2.8 Protein (g) 6%	2.2 Fibre (g) 9%	2.8 Sodium (g) 47%