



## Bloody Mary Alcohol Free

2 servings

10 minutes

### Ingredients

- 1 tbsp Sea Salt (divided)
- 1 Lime (sliced into wedges, juiced, divided)
- 473 milliliters Tomato Juice
- 1 tsp Tobasco Sauce
- 1 tbsp Tamari Sauce
- 28 grams Baby Pickles
- 2 tbsps Cherry Tomatoes
- 1 tbsp Black Olives

### Nutrition

Amount per serving	
Calories	20
Fat	1g
Saturated	0g
Carbs	3g
Fiber	0g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	4205mg
Potassium	67mg
Vitamin A	102IU
Vitamin C	8mg
Calcium	10mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Folate	5µg
Vitamin B12	0µg
Magnesium	7mg
Zinc	0mg

### Directions

- 1 Put half of the sea salt in a shallow bowl. Take a lime wedge and run it around the rim of the glass. Dip the rim of the glass into the sea salt, being sure to cover the rim. Repeat the process until all of your glasses are rimmed with sea salt
- 2 Add the other half of the sea salt and lime juice, tomato juice, tobasco sauce and tamari into a blender. Blend until everything is well combined.
- 3 Pour into the rimmed glasses and divide the pickle, cherry tomatoes and olives evenly between the cocktail sticks to garnish. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add a splash of pickle juice.

**Additional Toppings:** Cooked bacon or a celery stick.

**No Blender:** Pour everything together into a pitcher and mix thoroughly before dividing between glasses.

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Selenium

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