

5-MINUTE DIET-FRIENDLY MEALS!

The Key to Success?
Be True to You!
Sofia Vergara of
**Modern
Family**

**Radiant
Skin,
Gorgeous
Hair**
Get Both P. 61

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FIT TO DRINK

To stir, with love

For a cocktail with an antioxidant kick, try this cider drink from bar-meister Dave Greenwood of Summer Winter at the Boston Burlington Marriott in Massachusetts. —Wendy Gimán

Bourbon and Beer Cider

- | | |
|--------------------------------------|--|
| ¼ apple, finely diced (Granny Smith) | 2 oz apple cider |
| 2 sprigs fresh oregano | 1 oz bourbon |
| 2 sprigs fresh thyme | 1 oz seasonal fall lager (or dark lager) |

Mash apple, oregano, thyme and cider in a cocktail shaker. Add bourbon and some ice. Shake and strain. Top off with lager.

THE DISH 114 calories, 0 g fat, 9 g carbs, 0 g fiber, 0 g protein

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