



EVERY DAY BEGINS WITH A SIP.
Sip Smarter.

In this monthly SipSmarter newsletter, learn how to rock the holidays with exciting juice cocktails! Also included in this issue is an update on the FDA's new proposal on the definition of "healthy"-- see how juice fits in!



PBH Rock the Cocktail

Get ready for PBH's final Cook Along of the year. Join Have A Plant® Ambassador Nicole Rodriguez for the Facebook LIVE event December 14th at 5 pm EST. She'll be sharing how 100% juice can spruce up your holiday celebrations with some oh-so-delicious libations!

[Learn More](#)



FDA "Healthy" Proposal Includes 100% Juice

The U.S. Food and Drug Administration (FDA) proposed rule on the definition of "healthy" states that a serving from the fruit and vegetable food group can be labeled healthy if it meets the criteria for sodium, saturated fat and added sugar. One hundred percent juice, as part of the fruit group can qualify for the "healthy" claim. The new deadline for comments is February 16, 2023.

[Learn More](#)

Get Festive with 100% Juice



Pomegranate Moscow Mule

Live up your holiday gathering with our Cranberry Moscow Mule. It feels fancy and tastes like a good time, but since it's alcohol free, you can sip on it all night and still wake up feeling A+ the next morning. Holiday's have you feeling stressed? Enhance your mule by adding a shot (or two) of vodka. Cheers!

[Find the Recipe](#)



Spiced Grape Spritz

You can't have a proper holiday party without a proper drink to toast with, right? This fun Spiced Grape Spritz includes winter spices, like cinnamon, delicious strawberries, and 100% grape juice!

[Find the Recipe](#)



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