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THE OPRAH
MAGAZINE

ARE YOU READY FOR SOME GOOD NEWS?

IT STARTS ON PG. 86

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OPRAH TALKS TO

STEPHEN COLBERT

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THE SUMMER OF YOU!

26 TIPS FOR A SUPER SOLO VACATION

WEIGHT TILL YOU READ THIS!

New research on fat, food, and mood
PG. 68

PREPARE TO BE LOVED

THE KEY TO GETTING AS MUCH AS YOU GIVE

RAISE YOUR GLASS

REFRESH!

MIND · BODY · SOUL

Raise Your Glass

A NEW TREND WORTH TOASTING: better-for-you cocktails. Mixologists from coast to coast are increasingly swapping syrupy mixers for natural flavor boosters like fruits, veggies, and herbs. La Sirena in New York City, for one, serves a subtly sweet snap pea–infused margarita made with orange-blossom water, while Fig Tree Cafe in San Diego offers a mimosa blended with antioxidant-rich acai juice. Fresh ingredients give your drink a more complex, livelier taste–while giving *you* less chance of a sugar hangover. Ready for a healthier happy hour? Try the gloriously refreshing Berry Jamboree from Beth Ritter Nydick and Tara Roscioli, authors of *Clean Cocktails:* In a cocktail shaker, muddle 4 mint sprigs and ½ ounce fresh lemon or lime juice. Add 2 ounces gin, ½ tsp. unsweetened raspberry jam, and ice and shake for 10 seconds, until jam is fully incorporated. Pour through a fine-mesh strainer into an ice-filled rocks or highball glass. Top off with seltzer (optional), and garnish with 1 mint sprig, 1 lemon slice, and 3 raspberries. **—CATHRYNE KELLER**