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Post-Workout Cocktail? This Tequila Concoction Will Spice Up Your Sweat Sesh



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By Maria G. Valdez | Sep 29 2017, 04:40PM EDT



It might seem unlikely, but there's nothing more refreshing than a nice cocktail after a sweat session. Here's the best recipe to spice up your post-workout routine. Phil Yoon

It might seem unlikely, but there's nothing more refreshing than a nice cocktail after a sweat session. Although doing this might not necessarily be doctor-approved (please consult your physician), we recently indulged in some post-workout tequila cocktails with Don Julio, after sweating it out at Barry's Bootcamp.



at Barry's but it's much more than a tank top.

As a part of the launch, select classes at Barry's locations nationwide will host a "Treadmill and Tequila" class, where those lucky enough to get a spot will get to follow up their work out with fresh Tequila Don Julio cocktails.

As the official tequila of Barry's Bootcamp, members can expect "Treadmill and Tequila" classes to pop up periodically in their city as a surprise and delight that week, and can look out for Tequila Don Julio cocktails at any of Barry's Bootcamp's celebrations. The signature cocktail, the Don Barry, is simply 1.5 oz. Tequila Don Julio Blanco mixed over ice with 5 oz. of Lemonade Lipo from the Barry's Fuel Bar.

Tequila Don Julio is gluten free, sugar free and just 98 calories per 1.5 ounce serving, so pairing it with light mixers results in a crisp, clean cocktail that makes for the perfect post-workout treat.

Tequila is actually one of the best alcohols if you're watching your weight but still want to add a little kick to your social activities. According to a study by the [American Chemical Society](#), consuming tequila could help keep the stomach full longer and produce insulin, leading researchers to believe that it could also be beneficial for people with type 2 diabetes or struggling with weight loss. This was a result of giving lab mice a standard diet, and water with agavins added.

The research looked into [the effects of tequila on blood glucose levels](#), and found that sugars in the plant that makes tequila can help lower your blood sugar. The sugars that naturally occur in the agave plant are called agavins—not to be confused with agave syrup—and are non-digestible, so they won't raise your blood sugar.

So now that we've established that drinking tequila might actually be beneficial for your health, here's a delicious cocktail to spice things up after sweating it out at the gym. You can easily re-create the recipe, or just mix tequila with a fresh juice.

SGT PEPPER

By Hannah Bronfman

Ingredients:

1 1/2 oz Tequila Don Julio Blanco

2 oz Fresh Red pepper Juice

1 oz Fresh Lime Juice

3/4 oz Simple Syrup



Preparation:

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1. Combine all ingredients in a cocktail with ice.
2. Shake well and pour over ice in a mason jar.
3. Garnish with a jalapeño slice.

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Maria G. Valdez



Maria was born and raised in Dominican Republic, where she began her career in journalism covering human interest stories, entertainment, beauty and wellness for a national magazine. She moved to New York City to study Musical Theatre, but went back to journalism after graduating in an attempt of becoming the Latina Carrie Bradshaw. She has an unhealthy obsession with JLo and claims to be Sofia Vergara's long-lost daughter, and has tried a crazy amount of treatments to keep looking young. She became a Zumba instructor for fun.

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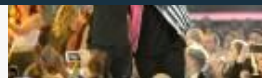


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