

## **Virgin Mary**

6 oz. V8® vegetable juice or tomato juice  
1 tbsp. horseradish  
Squeeze of lemon or lime  
Dash Worcestershire sauce  
Dash pepper  
1/2 pkt. Equal® sweetener  
1 stalk celery

Place all ingredients except celery into blender and blend for 1 minute. Pour into chilled glasses with ice cubes and garnish with celery. Makes 1 serving.

Nutrition information per serving: calories 46; protein 2 grams; fat 0 grams; sodium 602 mg