



## Spicy & Bloody Dill-icious

### Servings: 2

2 small tomatoes, or one medium, seeded. Strain seeds and reserve juice  
5 ½ ounces V-8® vegetable juice, no added salt, one small can  
½ teaspoon Worcestershire sauce  
1 tablespoon fresh lemon juice  
¼ teaspoon celery salt, preferably celery sea salt  
1 teaspoon fresh dill, chopped  
2 teaspoons dill pickle juice  
Dash Tabasco sauce, or your favorite hot sauce  
2 dill pickle spears, optional for garnish

### Method

In a blender combine all ingredients, excluding pickle spears.  
Blend until smooth.  
Serve over ice, if desired.  
Garnish with pickle spears.

### Nutrition Information (per serving)

47 calories (7.8% calories from fat), trace fat, 2 g protein, 10 g carbohydrate, 2 grams dietary fiber, 4 mg cholesterol, 239 mg sodium