



EAT HAPPY COCKTAIL HOUR

Deliciously Gluten Free and Low Carb Sips,
Dips, and Bites

For your next dinner party or friend's night in, mix up your menu with gluten free, grain free, and low-carb recipes for cocktails, mocktails, small plates, and dips.

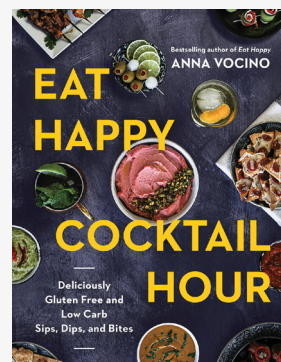
The food we remember most is the food we eat in good company. From the fare at fancy parties to shared treats at laid-back potlucks, bespoke cocktails and shareable dishes should be indulgent—but that doesn't mean they have to be full of sugar and processed ingredients.

Anna Vocino, founder of Eat Happy Kitchen and author of the *Eat Happy* cookbooks, shares 72 drinks and appetizers—easygoing recipes that can accommodate a party's worth of dietary needs, including keto, paleo, gluten free, and low carb.

Discover crowd-pleasing recipes for:

- No sugar added twists on classic cocktails and fresh new favorites, including the **Meaty Mary**, **Watermelon Mint Martini**, and **Chai Spiced Whiskey**
- Fun, elegant mocktails like **Mojitos** and **strawberry hibiscus Frozés**
- Grain- and gluten-free party foods like **Sesame Deviled Eggs**, **Spicy Pizza Bites**, and **Bacon Beef Mini Smash Sliders**
- Dips and sauces that will brighten any spread, including **Hot Spinach Dip**, **Chicken Satays with Thai Peanut Dipping Sauce**, and **Creamy Beet Hummus**
- Surprisingly low-sugar sweets like **Mini Espresso Cheesecake Bombs** and **Boozy Ginger Peach Pops**

Featuring full-color photography and tips for mixology, *Eat Happy Cocktail Hour* offers a mindful way to indulge without overindulging and celebrate nourishing food that doesn't sacrifice flavor or style.



BOOK DETAILS

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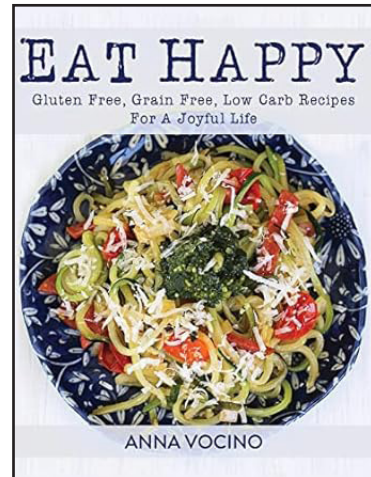
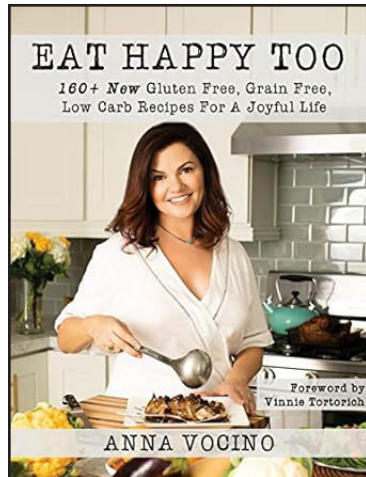
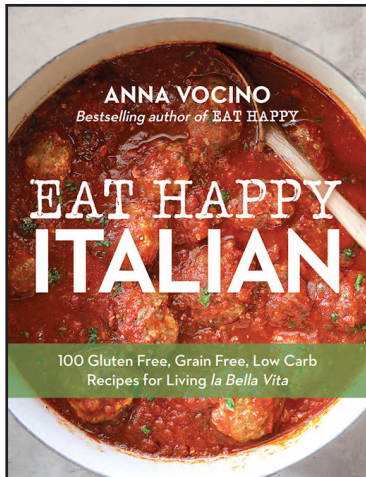
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Anna Vocino is a culinary personality and tastemaker who brings a wealth of experience as a bestselling cookbook author, actor, stand-up comedian, podcast cohost, clean-eating expert, and founder of premium natural food company Eat Happy Kitchen. Anna has created hundreds of recipes that have appeared in her bestselling cookbooks, *Eat Happy*, *Eat Happy Too*, and *Eat Happy Italian*; on her Substack recipe newsletter; and her popular Instagram account, @AnnaVocino. As a respected voice within the clean-eating community, Anna can deftly transform almost any recipe into a low-carb version of the dish without sacrificing taste. Anna's recipes and kitchen expertise have been featured in *Women's Health*, *Parade*, *Consumer Reports*, *AllRecipes*, *Self Magazine*, *Real Simple*, *The Huffington Post*, and other media outlets.

ALSO BY ANNA:



ANNA HAS BEEN FEATURED IN:



INFO FOR RECIPE EXCERPTS:

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A LOOK inside the book

NO SUGAR/LOW SUGAR SIPS, DIPS, & BITES
PLUS COCKTAIL INFUSIONS, BAR SET UP, AND MOCKTAILS

