

Fruity Fizz

Makes 1 serving
Serving Size: 1 cup

Ingredients

Choose ½ cup of fizz

Seltzer water

Diet ginger ale

Choose ½ cup of 100% fruit juice

Grape juice

Apple juice

Orange juice

Lemon juice

Choose ½ cup of a fruit

Strawberries

Grapes

Blueberries

Oranges

Raspberries

Peaches

Directions

Pour fizz and juice over ice. Add in fruit and stir.

Nutrition Information Per Serving

90 Calories, Total Fat 0g, Saturated Fat 0g, Protein 1g,
Total Carbohydrate 21g, Dietary Fiber 2g, Sodium 10mg,
Excellent source of vitamin C.

Another Option:

Instead of ice, try freezing the fruit overnight.

To Lean More, Contact:
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