



Strawberry Citrus Fizz

Servings: 12

1/3 cup filtered water
1/3 cup sugar, preferably cane sugar
2 ½ cups strawberries, stemmed and quartered
¼ cup fresh lime juice or lemon juice
½ cup mint leaves
Sparkling water, chilled
Additional mint sprigs, for garnish

Method

In a small saucepan, combine water and sugar.

Place pan over medium heat and bring to a boil.

Stir until sugar dissolves, about 1 minute.

Remove from heat and allow to cool.

In a blender, combine strawberries, lime or lemon juice, mint leaves and the cooled simple syrup.

Process until smooth.

Pour about ¼ cup of strawberry puree into each glass and slowly add sparkling water as desired.

Stir gently and garnish with additional mint sprigs and enjoy!

Nutrition Information (per serving)

34 calories (2.7% calories from fat), trace fat, trace protein, 8 g carbohydrate, 1 grams dietary fiber, 0 mg cholesterol, 2 mg sodium