

The image shows two glasses of a light-colored, bubbly beverage. The glasses are filled with a pale pinkish-orange liquid, likely a lime juice and raspberry-infused soda. Several fresh raspberries are floating on the surface of the liquid in both glasses. A sprig of fresh green mint leaves is also visible in the foreground glass. The background is a soft, out-of-focus outdoor setting, possibly a patio or garden.

Raspberry Lime Fizz

INGREDIENTS

- 1 cup **cranberry-raspberry juice**
- 4 cups **seltzer water**
- 1 **large lime**

DIRECTIONS

- 1 In a large pitcher, mix cranberry-raspberry juice with seltzer water.
- 2 Rinse lime and cut in half. Squeeze juice from each half, discarding seeds; add lime juice to pitcher.
- 3 Stir well before serving.

Nutrition Facts: 30 Total Calories, 0 g Total Fat, 0 g Saturated Fat, 0 mg Cholesterol, 5 mg Sodium, 8 g Total Carbohydrate, 0 g Dietary Fiber, 7 g Sugars, 0 g Protein.
Daily Value of Vitamins: 0% Vitamin A, 25% Vitamin C, 0% Calcium, 0% Iron.

Recipe adapted from cookingmatters.org.



For tips and tricks to help your family live healthier, visit EatSmartWNY.org.

Funded by USDA. This institution is an equal opportunity provider.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

Cornell Cooperative Extension

