

# Raspberry-Lime Fizz

Serves 5, 1 cup per serving

Prep time: 10 minutes • Cook time: None

## Ingredients

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

## Materials

Cutting board • Measuring cups •  
Mixing spoon • Sharp knife

### *Special Materials*

Large pitcher

## Directions

1. In a large pitcher, mix cranberry-raspberry juice with seltzer water.
2. Rinse lime and cut in half. Remove seeds. Squeeze juice from each half into the pitcher.
3. Mix well before serving.

## Chef's Notes

- Pour over ice and garnish with a lime wedge.
- Replace cranberry-raspberry juice with any 100% juice you prefer.
- For more fruit flavor, increase juice or decrease seltzer water.
- Add thin slices of lemon, lime, or orange for more flavor.
- If you do not have a large pitcher, prepare in a large bowl. Use a measuring cup or ladle to serve.

## Nutrition Facts

Serving Size 1 cup (212g)  
Servings per Recipe 5

Amount Per Serving

**Calories 80**      Calories from Fat 0

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 20mg      **1%**

**Total Carbohydrate** 19g      **6%**

Dietary Fiber 0g      **0%**

Sugars 19g

**Protein** 0g

Vitamin A 0%      • Vitamin C 6%

Calcium 0%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

