



Berry Spritzer

Mix up the add-ins by trying citrus or in-season fruits and herbs.

U.S.

2 Tbsp	Mint, chiffonade
1/2 cup	Strawberries, sliced
1/2 cup	Blueberries
1/2 cup	Raspberries, halved
4 cups	White Grape Juice
4 cups	Seltzer Water or Club Soda
As needed	Ice

Metric

1g
85g
75g
60g
950mL
950mL
As needed

Preparation:

1. Gather all ingredients and equipment.
2. In a pitcher, combine the mint and berries. Add in the white grape juice and give a gentle mix to distribute the berries. Add in the seltzer and ice as desired.

Nutrition Facts

9.5 Servings

Serving size **1 cup**

Amount per serving

Calories **80**

Calories from Fat 0

Total Fat 0 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 20 mg

Total Carbohydrate 19 g

 Dietary Fiber 1 g

 Total Sugars 17 g

 Includes 0g Added Sugars

Protein 0 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 30 mg

Phosphorus 5 mg
