

Seasonal Fruit Spritzer



This fruit juice spritzer is a great way to use your favorite seasonal fruits and herbs. It is sure to be a satisfying and refreshing crowd pleaser!

YIELD 10 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

2 cups	Seasonal Fruit, sliced or halved
2 Tbsp	Fresh Herbs, thin ribbon cut
4 cups	White Grape Juice, 100% juice
4 cups	Seltzer Water, plain, unsweetened
As needed	Ice

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a pitcher, combine the fruit and herbs. Add in the white grape juice and give a gentle mix to distribute the fruit.
3. Add the seltzer and ice to the pitcher.

CHEF'S NOTES

By using half fruit juice and half seltzer, this beverage recipe has just the right amount of sweetness with extra bubbles and is a great substitution to sugar sweetened beverages like sodas and soft drinks.

We like the following fruit & herb combos:

- Berries (Strawberry, Blueberry, Raspberry, Blackberry) + Mint or Thyme
- Citrus (Orange, Satsuma, Grapefruit, Lemon, Lime) + Basil or Lemongrass
- Stone Fruit (Peach, Plum, Nectarine) + Shiso or Sage
- Melon (Cantaloupe, Honeydew, Watermelon) + Lavender or Chamomile
- Tropical Fruit (Pineapple, Mango, Kiwi) + Cilantro or Ginger
- Pomes (Apple, Pear) + Rosemary or Lemon Balm/Verbena

Nutrition Facts

10 servings per container

Serving Size 1 cup (214 g)

Amount per serving

Calories 80

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 0%

Total Carbohydrate 19g 7%

Dietary Fiber 1g 4%

Total Sugars 16g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.15mg 0%

Potassium 37mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

