

# Fruit Juice Spritzer

*Try this sweet and refreshing, bubbly beverage with a variety of flavored juice options.*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>5 MIN</b>
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## INGREDIENTS

12 oz Club Soda, Unsweetened  
12 oz 100% Fruit Juice, Unsweetened

## CHEF'S NOTES

Feel free to substitute the club soda for unsweetened flavored seltzer water. You can also add fresh citrus slices like orange or lemon or try topping with crushed berries.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Place all ingredients in a large pitcher and stir. Top with ice if desired.
3. Chill and enjoy!

# Nutrition Facts

4 servings per container

**Serving size** 6 oz (96g)

**Amount Per Serving**

**Calories** 60

**% Daily Value\***

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	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.

Note: nutrition label based off 100% white grape juice

Recipe by Health Meets Food, "Fruit Juice Spritzer" (10/03/18)

