



Raspberry Lime Fizz

Adapted from www.eatfresh.org



Ingredients



- 1 cup Cranberry-raspberry juice
- 4 cups Seltzer water
- 1 lime



Directions



Yield: 5 Serving size: 1 cup

1. In a large pitcher, mix juice with seltzer water.
2. Rinse lime and cut in half. Squeeze juice into pitcher, discarding seeds.
3. Mix well before serving.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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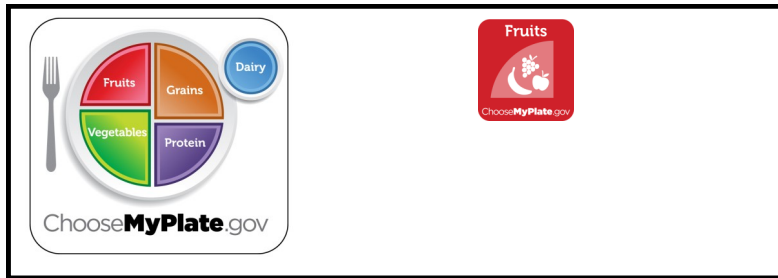
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Fast Facts



Featured Food Groups



Cooking Tips



- Try different juices like orange or pineapple.
- For less sugar, use less juice and more seltzer.

Nutrition Facts

Serving Size 1.00 cup
 Serving Per Container 5

Amount Per Serving

Calories 80

	% Daily Value*
Sodium 20 mg	1%
Total Carbohydrate 19 g	7%

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

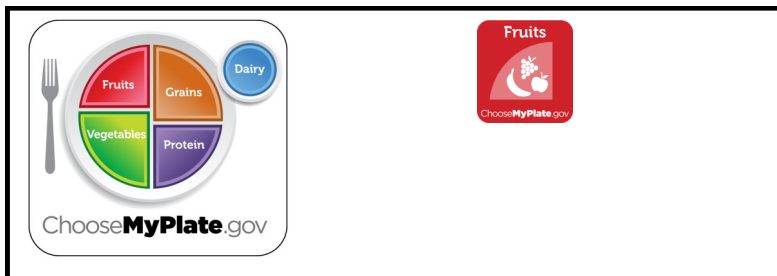
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