

Cranberry-Lime Fizz

Serves 5, 1 cup per serving
Prep time: 10 minutes • Cook time: None

Ingredients


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




Materials

Cutting board • Measuring cups • Mixing spoon • Sharp knife

Special Materials
Large pitcher

Directions

 = Have kids help with the steps marked with the “little helping hand”!

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



Chef's Notes

- Pour over ice and garnish with a lime wedge.
- Replace cranberry-apple 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
Servings Per Recipe 5

Amount Per Serving

Calories 30 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **0%**

Sugars 7g

Protein 0g

Vitamin A 0% • Vitamin C 25%

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.

Make Food Fun! – Raspberry Lime Fizz

Easy and fast tips for making food fun for kids.



Adding water to juice helps to reduce calories and sugar in our drinks.

Tips and Tricks:

The options are endless with this recipe: you can use any 100% fruit juice and either tap or seltzer water.

Tips and Tricks:

Try adding different fruits, like berries or citrus, to add flavor without adding sugar. Adding herbs such as mint also works great.

Try serving in a clear glass so kids can see the fruit and point out the colors.



Freeze leftover unused drink for later as a colorful and flavorful ice cube.

Tips and Tricks:

Make a mixture of juice, water and fruit and have your kids guess what is flavoring the water to create a fun taste test experience.

Follow-Along Recipe – Cranberry Lime Fizz

