**Berry Spritzer**

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

**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.

**U.S.** | **Metric**
---|---
2 Tbsp Mint, chiffonade | 1g
1/2 cup Strawberries, sliced | 85g
1/2 cup Blueberries | 75g
1/2 cup Raspberries, halved | 60g
4 cups White Grape Juice | 950mL
4 cups Seltzer Water or Club Soda | 950mL
As needed Ice | As needed

**Nutrition Facts on Reverse**
<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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<tbody>
<tr>
<td>9.5 Servings</td>
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<tr>
<td><strong>Serving size</strong></td>
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**Amount per serving**

| Calories | 80 |
|----------|
| Calories from Fat | 0 |

**Total Fat**
- 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 |