



Fruit Juice Spritzer

Try with any of your favorite 100% fruit juices. Substitute regular club soda for unsweetened flavored seltzer water. You can also add fresh citrus slices like lemon or orange to make this even more refreshing, or try topping with a few crushed berries.

U.S.

12 oz
12 oz

Club Soda, Unsweetened
100% Fruit Juice, Unsweetened

Metric

355 mL
355 mL

Preparation:

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

Nutrition Facts

6 Servings

Serving size **4 ounces**

Amount per serving

Calories **30**

Calories from Fat 0

Total Fat 0 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 0 mg

Total Carbohydrate 8 g

 Dietary Fiber 0 g

 Total Sugars 8 g

 Includes 0g Added Sugars

Protein 0 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 0 mg

Phosphorus 0 mg
