



Cranberry Lime Spritzer

*1 cup light cranberry juice
1 cup seltzer water or diet lemon-lime
soda such as Sprite, or unsweetened
green tea*

*4 tsp freshly squeezed lime juice
4 lime slices
Ice cubes*

1. Pour ingredients over a tall, ice cube-filled glass.
2. Garnish with lime slices and enjoy!

Makes 2 Servings

Nutrition Information for 1 serving: Calories: 25; Fat: 0g; Sodium: 3.7mg; Carbohydrate: 6.3g

For more recipes, check out www.balancemindbodysoul.com and click on "Recipes."

