

Fizzy Fruity Soda

This refreshing drink is high in vitamin C and lower in sugar than typical soda.

Serves 1



Ingredients

- 2 tablespoons fresh lemon juice
- 1 tablespoon fresh lime juice
- 2 tablespoons apple juice concentrate, thawed
- 1 cup club soda
- Ice

Directions

1. Mix together all ingredients in a glass and serve.

Adapted from *Pretend Soup*, by Mollie Katzen and Ann Henderson

Nutrition Facts

Serving Size About 1 Cup
Servings Per Recipe 1

Amount Per Serving

Calories 70 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 18g **6%**

Dietary Fiber 0g **0%**

Sugars 15g

Protein 0g

Vitamin A 0% • Vitamin C 25%

Calcium 2% • 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.



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