

Cranberry Sparkle Beverage



Here is a beverage that anyone will love. Not only is it perfect for a warm summer day, it's also insanely good for you. It's become a family favourite and the kids LOVE it (they even came up with the name for it). No guilty feelings enjoying this one!! Drink up!!

Ingredients:

- Fresh mint leaves
- Freshly squeezed lime juice
- Pure unsweetened organic cranberry juice
- Sparkling water
- Ice
- ** Optional – liquid stevia sweetener (to taste)

Directions:

Squeeze fresh lime juice in a single glass. Add 1-3 drops of liquid stevia sweetener (optional) and fresh mint leaves. Use muddle (or wooden spoon) to crush the mint and lime. Fill glass with ice. Pour 1/3 of the glass full with unsweetened organic cranberry juice. Top up with sparkling water. Mix to combine. Enjoy!