Fruity Fizz
Makes 1 serving
Serving Size: 1 cup

Ingredients
• Choose 1/2 cup of fizz: seltzer water or diet ginger ale
• Choose 1/2 cup of 100% fruit juice: grape, apple, orange, or lemon juice
• Choose 1/2 cup of a fruit: strawberries, grapes, blueberries, oranges, raspberries, or peaches

Directions
Pour fizz and juice over ice. Add in fruit and stir.

Examples
• 1/2 cup seltzer water + 1/2 cup apple juice + 1/2 cup strawberries
• 1/2 cup diet ginger ale + 1/2 cup lemon juice + 1/2 cup oranges
• 1/2 cup seltzer water + 1/2 cup cranberry juice + 1/2 cup grapes

Provided by NC EFNEP, a Cooperative Extension program