

# Fruit Juice Spritzer

**Yield: 6 servings**

## Ingredients

12 ounces club soda,  
unsweetened

12 ounces fruit juice,  
unsweetened

Slices of fruit such as lemons,  
limes, oranges or berries

## Instructions

1. Place all ingredients in a large pitcher and stir.
2. Chill and enjoy!

## Nutrition Information

**Serving Size:** ½ cup  
Calories: 30  
Total Fat: 0 g  
Saturated Fat: 0 g  
Monounsaturated Fat: 0.0 g  
Sodium: 2 mg  
Total Carbohydrate: 8 g  
Dietary Fiber: 0 g  
Sugars: 7 g  
Protein: 0 g

Source: Health Meets Food



Presented by  
**Culinary Medicine**