

BLUBERRY LIME MINT FIZZ

Recipe from ALWAYS DELICIOUS by David Ludwig, MD, PhD, and Dawn Ludwig

The syrupy sweetness of colas and other sugary drinks can be a challenge for some people to eliminate from their diets. Luckily, there's an even more satisfying way to get your fizzy fix. Sparkling water, a few favorite fruits, and herbs make a delicious—and much healthier—alternative.

Preparation time: 5 minutes

Total time: 5 minutes

Makes 2 servings

INGREDIENTS

- 1/4 cup blueberries
- 8 to 10 fresh mint leaves
- 2 to 3 teaspoons fresh lime juice
- 1/2 cup ice or more, as desired
- 20 ounces sparkling water

Evenly distribute the blueberries, mint, and lime juice at the bottom of two large glasses. Mash with a wooden spoon or pestle to release the flavors. (In bartending, this is called muddling.) Add ice to each glass and fill with the sparkling water. Stir gently, taste, and add more lime or mint as needed. Serve immediately.

Calories: 12

Carbohydrate: 3 g

Protein: 0 g

Fat: 0 g