Louisiana HARVEST of the MONTH

Berry Basil Spritzer

Home Recipe

Serves: 1
Prep Time: 5 minutes

Ingredients

- 4 fresh basil leaves
- 6–10 fresh berries (strawberries, blueberries, or blackberries), 1 oz., divided
- 4 oz. (½ cup) sparkling lemon-flavored water
- Ice
- 1 fresh basil sprig, for garnish

Nutrition Facts

1 Serving Per Container
Serving Size 4 fl oz (156mL)

Amount Per Serving	
Calories	**20**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 4g	**2%**
Dietary Fiber <1g	**3%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein <1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 50mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Instructions

1) In a stemless wine glass or rocks glass, gently muddle the fresh basil leaves and 4 berries.
2) Fill the glass halfway with ice. Add the sparkling lemon-flavored water and stir gently.
3) Garnish with the remaining berries and a fresh basil sprig. Serve immediately.

**If you use San Pellegrino Limonata or other sweetened soda, add 56 kcals to the calories for the beverage*

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