Louisiana HARVEST of the MONTH

Citrus Mint Sparkler

Home Recipe

Serves: 1
Prep Time: 5 minutes

Ingredients

- 5–10 fresh mint leaves
- 1 Tbsp fresh squeezed lime juice
- 4 oz. (½ cup) lemon-lime flavored seltzer water
- Ice

Nutrition Facts

1 Serving Per Container
Serving Size 4 fl oz (134mL)

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

* 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) Gently muddle the mint in the bottom of a glass with a splash of lemon-lime flavored seltzer water.
2) Add the lime juice and remaining lemon-lime flavored seltzer water to the glass and stir.
3) Add ice and stir again before serving.

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