

Fresh fruit and herb tonic

SERVINGS: 4

PREP TIME: 10 minutes

INGREDIENTS:

8 ounces fresh strawberries, hulled,
or other berries
1 cup cubed ripe melon (cantaloupe,
crenshaw, honeydew, watermelon)
2 cups ice-cold water
¼ cup fresh lemon juice
2 Tbsp finely chopped fresh basil
or mint leaves
2 Tbsp sugar, or to taste (optional)
Ice cubes
8 ounces club soda
Lemon slices, for garnish
Basil or mint sprigs, for garnish



No matter what time of year, this will add a spot of feel-better-brightness¹ to your day.

DIRECTIONS:

Combine the fruit, water and basil or mint in a blender. Whirl to liquefy. Allow mixture to sit for 5 minutes to allow basil or mint to infuse fruit puree with flavor. Pour into a 1-quart pitcher. Add lemon juice and sugar, as desired. (If sugar is added, stir to dissolve.)

To serve, put ice into four glasses. Pour fruit mixture over ice. Add 2 ounces club soda. Garnish each glass with lemon slices and basil or mint. Serve immediately. Pureed fruit may settle.

NUTRITION INFORMATION (SERVING SIZE: 10 oz.):

Calories: 35	Cholesterol: 0 mg	Sugars: 6 g
Total fat: 0 g	Total carbs: 9 g	Protein: 1 g
Saturated fat: 0 g	Fiber: 2 g	Potassium: 102 mg
Sodium: 20 mg		

¹<https://www.eatright.org/recipes/beverages/fresh-fruit-and-herb-sparkling-water-recipe>

