

Cranberry Raspberry Breeze

1 tub CRYSTAL LIGHT® Raspberry Ice Flavor
Low Calorie Soft Drink Mix
4 cups (1 quart) cold reduced-calorie cranberry
juice cocktail
1 bottle (1 liter) cold club soda
Ice cubes

DIETARY EXCHANGES:

½ Fruit

NUTRIENTS PER SERVING:

Cal.: 25	Sugars: 6 g
Total Fat: 0 g	Sat. Fat: 0 g
Carb.: 6 g	Protein: 0 g
Chol.: 0 mg	Sodium: 10 mg
Fiber: 0 g	

1. Place drink mix in large plastic or glass pitcher. Add cranberry juice cocktail; stir to dissolve. Refrigerate.
2. Just before serving, stir in club soda. Serve over ice.

Makes 8 (1 cup) servings

Quick Tips:

Special Extra: Garnish each glass with a mint sprig.

Nutrition Bonus: Relax in the summer breeze while sippin this naturally fat free, low calorie beverage.

Source: Diabetic Cooking Magazine

