

Fruit Sparklers

[Recipe](#)



Nutrition Facts:

Serving Size: 1 cup

Per serving: 23 calories; carbohydrates 6g; sugars 5.5g; vitamin c 30mg; calcium 16.6mg; sodium 38.7mg

Preparation Time:

5 minutes

Servings:

6 cups

Serving Size:

1 cup

Ingredients:

- Ice cubes
- 3 cups: low-calories grape/cranberry juice or pomegranate juice
- 3 cups: sparkling water
- ¾ cup: halved fresh grapes/cranberries/raspberries

Directions;

1. Half fill six tall glasses with ice cubes. Divide fruit juice evenly among glasses.
2. Pour sparkling water into glasses, dividing evenly. Stir gently.
3. If desired, float fresh fruit in the drinks.