



### Raspberry Mint Spritzer

#### Ingredients

- 4-5 Mint leaves
- Handful of Raspberries
- 1 oz Simple Syrup (*Sugar Water*)
- Club Soda

#### Directions

- Add simple syrup and raspberry to a glass and smash together
- Clap the mint in your hands and add to glass
- Top with ice and soda and give it a stir!

---

#### **NUTRIENT ANALYSIS PER SERVING**

Total Calories: 30-46 (*depending if 4 or 8oz*)  
Total Carbohydrates: 18-22 grams (*depending if 4 or 8oz*)  
Total Protein: 0  
Total Fat: 0

### NA Pineapple Mule

#### Ingredients

- ½ Lime, juiced (*about 1 tablespoon*)
- Splash Simple Syrup
- 2 oz Pineapple Juice
- Ginger ale

#### Directions

- Squeeze lime juice into glass and add lime half
- Add pineapple juice and ice
- Top with Ginger ale/Non-alcoholic ginger beer and give it a stir!

---

#### **NUTRIENT ANALYSIS PER SERVING**

Total Calories: 79-119 (*depending if 4 or 8oz*)  
Total Carbohydrates: 21-31 grams (*depending if 4 or 8oz*)  
Total Protein: 0  
Total Fat: 0

### Blackberry Lemonade

#### Ingredients

- Squeeze one Lemon, juiced (*about 2 tablespoons lemon juice*)
- 1 oz Simple Syrup (*Sugar Water*)
- ½ cup of Blackberries
- Water

#### Directions

- Smash blackberries in a glass
- Add lemon juice and simple syrup, stir
- Add ice and water, stir
- Garnish with lemon twist or fresh blackberries for fanciness!

---

#### **NUTRIENT ANALYSIS PER SERVING**

Total Calories: 118  
Total Carbohydrates: 23 grams  
Total Protein: 1 gram  
Total Fat: 0