

## Three steps to creating a low sugar refreshing drink!

### 1) Pick your base

The base can be any liquid that does not have any added sugar or artificially sweetened component like stevia or Splenda. Common bases are tap water and flavoured or unflavoured sparkling/carbonated water

### 2) Add your flavour

Add flavour by mashing fruits or berries at the bottom of the glass

### 3) Pick your add-ons

Add ingredients to make your drink look delicious and intensify the flavour. This can include a fruit slice on the rim of the glass, cut-up fruit slices and add it in the drink, or mint leaves or basil for garnish.

### Example: Honey Mint Lemonade

#### Ingredients

- 1/2 tbsp honey
- 1/2 cup lemon juice
- 1 cup fresh mint leaves
- 6 cups cold sparkling water

**Serving:** 6

#### Directions

- 1) In a small pot, warm 1 cup of water. Stir in honey until it is dissolved. Once honey is dissolved, add in fresh mint leaves, mix, and mash the leaves in the water.
- 2) Let the water cool and then add remaining 5 cups of cold water and lemon juice
- 3) Stir and serve over ice

Add ins: You can also add in sliced strawberries or cucumbers for extra flavour

#### Nutrition facts (amount per serving: 1 cup)

Calories: 11

Carbohydrates: 3 g

Fat: 0 g

Sodium: 2 mg

Sugar: 2 g

