

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 flavored or unflavored sparkling/carbonated water.

2. Add your flavor

Add flavor by mashing fruits or berries and add them to the bottom of the glass.



3. Pick your add-ons

Add ingredients to make your drink look delicious and intensify the flavor. This can include a fruit slice on the rim of the glass, cut-up fruit slices added 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

Servings: 6

Directions

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

Add-ins: You can also add sliced strawberries or cucumbers for extra flavor.

Nutrition facts (amount per serving: 1 cup)

- Calories: 11
- Carbohydrates: 3 g
- Fat: 0 g



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- Sodium: 2 mg
- Sugar: 2 g



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