

Strawberry Maple Mint Gazoz

Ingredients:

⅓ cup diced fresh MI strawberries

2 T MI maple syrup

1 T fresh MI mint

½ tsp apple cider vinegar

¼ cup of ice

8 oz. of sparkling water

Directions:

1. In a 12 oz glass or Mason jar, add maple syrup, apple cider vinegar, strawberries and mint. Muddle ingredients in the bottom of the glass.
2. Add ice and sparkling water and mix with a straw. Enjoy!



Nutrition Facts



Serving (1)
324.9g



Calories	130 kcal	7%
Calories from Fats	0.23 kcal	0%
Total Fat	0.3 g	0%
Saturated Fat	0.03 g	0%
Cholesterol	0 mg	0%
Sodium	29.3 mg	1%
Total Carbs	32.8 g	11%
Fiber	1.9 g	8%
Sugars	27.6 g	55%
Protein	0.72 g	1%

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