

# Wildcat Cooler

Calhoun Area Career Center



## Ingredients

- 8 oz. blueberries
- 4 oz. strawberries
- 1 lemon
- Mint leaves
- 8 oz. 7 up
- 4 packets stevia

## Directions

Wash fruit.  
In a pitcher or bowl muddle (mash) the blueberries, strawberries and stevia. Add the juice from the lemon. Strain if desired. Put ice in two glasses, add fruit and/or juices, add 7 up, stir and garnish with mint leaves.

## Nutritional Information

- Calories per serving
- Total Fat
  - Saturated Fat
- Cholesterol
- Sodium
- Total Carbohydrates
  - Dietary Fiber
- Protein

## Servings 2

- 145
- 1g
- 0
- 0
- 14mg
- 39g
- 5g
- 2g