

**featured recipe** Source: Cooking Matters

## Raspberry Lime Fizz

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Serving size: 1 cup  
Servings per recipe: 5

**Ingredients**  
1 cup cranberry-raspberry juice  
4 cups seltzer water  
1 large lime



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1. In a large pitcher, mix cranberry-raspberry juice with seltzer water.
  2. Rinse lime and cut in half. Squeeze juice from each half into the pitcher.
  3. Mix well before serving.
- Pour over ice and garnish with a lime wedge.
  - Replace cranberry-raspberry juice with any 100% juice you prefer.
  - For more fruit flavor, increase juice or decrease seltzer water.
  - Add thin slices of lemon, lime, or orange for more flavor.
  - If you do not have a large pitcher, prepare in a large bowl. Use a measuring cup or ladle to serve.

**Add a wedge or two of citrus to your water, or try some seltzer.**

Now that summer is here and we are outside more, here are some tips for quenching your thirst and your kids thirst.

**Drink water instead of sugary drinks**

- Water from the tap is a thrifty option at home or when eating out.
- Drink plenty of water if you are very active, are in hot conditions, or are an older adult.

**Create a kid-friendly drink zone**

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home.

- Have ready-to-go containers filled with water in the refrigerator.
- Depending on age, each person can drink ½ to 1 cup of 100% fruit or vegetable juice each day.

To learn the amount of calories in the beverages you drink, and the best eating pattern for you, check out Supertracker at [supertracker.usda.gov](http://supertracker.usda.gov)

**Keep reusable water bottles filled and in the refrigerator for on-the-go refreshment.**

**For more tips and recipes, or to sign up for our e-newsletter, visit [RethinkYourDrinkNY.org!](http://RethinkYourDrinkNY.org)**