



Laura's Cranberry Chaser

Makes about 10 8-ounce servings

2 liters of plain or lemon seltzer
½ liter of cranberry/lime seltzer
4 ounces of unsweetened cranberry juice
½ lemon or 1 lime, cut up

- Combine all ingredients in a large pitcher or jug
- Prepare a bit in advance so the fruit flavor has a chance to diffuse

Experiment with other combinations of seltzer and unsweetened fruit juice. Pour a large glass of seltzer and top with a splash of grapefruit juice, or cranberry and orange juices together.

Nutritional Information:

Calories: 3.5	Carbohydrates: 0.9 grams
Sugars: 0.5 grams	Fat: 0 grams
Fiber: 0 grams	