

LiveWell

Strawberry mojito

Yield: 6 servings



Ingredients:

1/4 cup lime juice, divided
12 strawberries, chopped
1 bunch fresh mint
48 ounces ginger beer, divided
3 cups sparkling water, divided
6 lime slices

Directions:

1. Assemble six 16-ounce glasses.
2. To each glass, add 2 teaspoons lime juice, 2 chopped strawberries, and 4-5 mint leaves.
3. Gently mash strawberries and mint leaves until strawberries are soft.
4. Top each cup with 1 cup ginger beer and 1/2 cup sparkling water. Garnish each drink with a lime wedge.

Nutrition information per serving:

Calories: 108	Carbohydrates: 28 grams	Food exchanges:
Fat: 0 grams	Fiber: 1 gram	1 carbohydrate
Saturated fat: 0 grams	Protein: 0 grams	1 fruit
Cholesterol: 0 mg		
Sodium: 27 mg		

For a demo of this recipe, and for more wellness information, visit henryford.com/recipes