Cranberry Lime Spritzer

1 cup light cranberry juice
1 cup seltzer water or diet lemon-lime soda such as Sprite, or unsweetened green tea
4 tsp freshly squeezed lime juice
4 lime slices
Ice cubes

1. Pour ingredients over a tall, ice cube-filled glass.
2. Garnish with lime slices and enjoy!

Makes 2 Servings

Nutrition Information for 1 serving: Calories: 25; Fat: 0g; Sodium: 3.7mg; Carbohydrate: 6.3g

For more recipes, check out **www.balancemindbodysoul.com** and click on "Recipes."

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