

# Citrus Spritzer

Serves 2

## Ingredients

- 1 lemon
- 1 lime
- 500ml plain sparkling water
- 2 sprigs of mint

## Method

1. Slice lemon and lime.
2. Place lemon and lime slices into two glasses.
3. Top with sparkling water.
4. Garnish with mint.



NUTRITION INFORMATION		
Servings per recipe: 2		
Average serving size: 310g		
	Per serve	Per 100g
Kilojoules (kJ)	75	24
Protein (g)	0.4	0.1
Total fat (g)	0.1	0.0
- Saturated fat (g)	0.0	0.0
Carbohydrates (g)	2.1	0.7
- Sugars (g)	2.1	0.7
Fibre (g)	0.1	0.0
Sodium (mg)	22	7

This recipe meets the **GREEN** criteria in the National Healthy Schools Canteen Guidelines