

Kiwi berry spritzer

Serves 2

Ingredients

- 1 kiwi fruit
- 5 strawberries
- ½ cup watermelon
- 500ml plain sparkling water
- 2 sprigs of mint

Method

1. Peel and slice kiwi fruit. Slice the strawberries in half.
2. Remove the outer skin and cut the watermelon into cubes.
3. Place fruits into two glasses.
4. Top with sparkling water.
5. Garnish with sprigs of mint.

Try swapping these fruits for other fresh flavours such as:

- Cucumber and lime
- Orange and mango
- Lemon and lime



NUTRITION INFORMATION		
Servings per recipe: 2		
Average serving size: 375g		
	Per serve	Per 100g
Kilojoules (kJ)	193	52
Protein (g)	1.0	0.3
Total fat (g)	0.4	0.1
- Saturated fat (g)	<0.1	<0.1
Carbohydrates (g)	8.5	2.3
- Sugars (g)	8.4	2.2
Fibre (g)	2.2	0.6
Sodium (mg)	23	6

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