



Grapefruit & Thyme Sparkling Water

1 serving
10 minutes

Ingredients

- 1 Grapefruit
- 2 grams Thyme Sprigs
- 2 cups Sparkling Water

Nutrition

Amount per serving	
Calories	84
Fat	0g
Saturated	0g
Carbs	21g
Fiber	3g
Sugar	18g
Protein	2g
Cholesterol	0mg
Sodium	10mg
Potassium	368mg
Vitamin A	2468IU
Vitamin C	91mg
Calcium	86mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Folate	27µg
Vitamin B12	0µg
Magnesium	33mg
Zinc	0mg
Selenium	1µg

Directions

- 1 Cut your grapefruit in half. Squeeze the juice out of one half. Carve the flesh out of the other half. Add both the juice and flesh to the bottom of a glass along with the thyme sprigs. Pour sparkling water over top. Add a straw, stir and enjoy!

Notes

No Grapefruit: Use another citrus fruit like orange.