



Raspberry Mojito

2 servings

15 minutes

Ingredients

- 1/4 cup Raspberries
- 3/4 cup Water
- 1/4 cup Maple Syrup
- 1/4 cup Mint Leaves
- 1 Lime (sliced into wedges)
- 4 Ice Cubes
- 3 cups Sparkling Water

Nutrition

Amount per serving	
Calories	120
Fat	0g
Saturated	0g
Carbs	31g
Fiber	1g
Sugar	25g
Protein	0g
Cholesterol	0mg
Sodium	8mg
Potassium	152mg
Vitamin A	152IU
Vitamin C	12mg
Calcium	64mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Folate	9µg
Vitamin B12	0µg
Magnesium	18mg
Zinc	1mg
Selenium	0µg

Directions

- 1 In a small saucepan over medium heat, add the raspberries, water and maple syrup. Cook until thick, about 5 minutes. Use an immersion blender or add the mixture to your blender to puree until smooth. Chill in fridge at least 10 minutes.
- 2 Divide mint and 1/2 the lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together. Divide raspberry puree, ice cubes and sparkling water between the glasses. Stir to combine and garnish with remaining lime wedges. Sprinkle a pinch of sea salt if desired. Enjoy!

Notes

It's 5 O'Clock Somewhere: Add 2 oz of white rum to each serving.

No Maple Syrup: Use honey instead.

Make it Smooth: Strain your raspberry puree and use the juices only.