

THINGS TO KEEP IN MIND

This is an easy-to-make, festive beverage that can be enjoyed any time of the year! It is low in calories, low in sugar, and can be part of a kidney-friendly diet. The serving size is 6 ounces. The recipe makes 2 servings.

INGREDIENTS:

- 8 oz of sparkling water
- 4 oz of 100% cranberry juice
- ½ lemon or lime, juiced
- 8 fresh or frozen cranberries (for garnish)
- 2 rosemary sprigs (for garnish)
- ice
- a fun cup



Sparkling cranberry beverage

Directions

1. Mix sparkling water, cranberry juice, and lemon or lime juice together. Pour 6 ounces of the mixture into a cup over ice.
2. Add 1 sprig of rosemary and a few frozen or fresh cranberries to each glass as garnish. If the beverage is too tart, try adding a drop of honey. Enjoy!