



## Fruit Sparkler

### Ingredients

1 can unsweetened  
frozen 100% juice  
concentrate

seltzer

Makes 6 servings

### Instructions

1. Mix frozen juice concentrate according to direction on the can, substituting seltzer for the water.

### Nutrition Facts

Serving Size 1 cup  
Servings Per Container 6

Amount Per Serving

**Calories 130**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 5mg**      **0%**

**Total Carbohydrate 32g**      **11%**

Dietary Fiber 0g      **0%**

Sugars 32g

**Protein 0g**

Vitamin A 0%      • Vitamin C 100%

Calcium 0%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

0% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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