

# Refresh Spritzer

Serves 2

## Ingredients

- 1 lemon
- 1 small cucumber
- 500ml plain sparkling water
- 2 sprigs of mint

## Method

1. Slice lemon and cucumber.
2. Place lemon and cucumber slices into two glasses.
3. Top with sparkling water.
4. Garnish with mint.



NUTRITION INFORMATION		
Servings per recipe: 2		
Average serving size: 320g		
	Per serve	Per 100g
Kilojoules (kJ)	43	14
Protein (g)	0.6	0.2
Total fat (g)	0.1	0.0
- Saturated fat (g)	0.0	0.0
Carbohydrates (g)	0.8	0.3
- Sugars (g)	0.8	0.3
Fibre (g)	0.7	0.2
Sodium (mg)	26	8

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