

Citrus Mint Crush

From the King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/CitrusMintCrush.aspx>

Ingredients

- 1-1/4 cups cold water
- 1/2 cup sugar
- 1/2 cup tightly packed mint leaves
- 1 tablespoon grated orange zest (no pith)
- 3/4 cup fresh squeezed orange juice
- 3/4 cup fresh squeezed lemon juice
- 2 cups lemon-flavored sparkling water
- Crushed ice
- Mint sprigs for garnish (optional)

Instructions

1. Add water and sugar in a medium saucepan and cook over medium-high heat until sugar completely dissolves, stirring constantly. Remove from heat and let cool completely.
2. Coarsely chop mint leaves and set aside.
3. Add the cooled sugar-water to a medium sized bowl then stir in mint, orange zest, orange juice and lemon juice. Cover bowl and refrigerate until chilled through.
4. Pour mixture through a fine mesh strainer into a large pitcher. Discard remaining orange zest and mint leaves. Stir in sparkling water then serve over crushed ice. Garnish with a mint sprig.

Makes 4 - 5 servings (*About 1 cup per serving*)

Nutrition information per serving:

Calories 128
Carbohydrate 33 g
Dietary Fiber 1 g
Sugars 24 g
Protein 1 g
Total Fat 0 g
Saturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 11 mg



Wellness Center