

ORANGE, LIME, AND MINT COOLER

10 MINUTES PREP TIME ■ MAKES 3 CUPS

2 c calcium-fortified orange juice

K c fresh lime or key lime juice

K c calcium-rich mineral water

N c fresh mint leaves

1. Combine juices in a large pitcher and chill in the refrigerator.
2. Serve chilled juice over crushed ice in wine or champagne glasses.
3. Top with mineral water. Garnish with mint.

Per 1-cup serving: 101 Calories, 2 g Protein, 25 g Carbohydrates, 1.5 g Fiber,
0.5 g Total fat, 7 mg Sodium, ★★★★★ Vitamin C, ★★★ Calcium

D Dairy Free

G Gluten Free

N Nut Free

V Vegan

V Vegetarian

KITCHEN TIP

Release mint's uplifting flavor and aroma by gently rubbing the leaves between your fingers.