

Beverages

Grapefruit Raspberry Sparkler

www.splenda.tastebook.com

Servings: 4

Start to Finish Time: 10 minutes

1 cup fresh raspberries or unsweetened frozen raspberries (thawed)

1 1/4 cups grapefruit juice

5 packets Splenda Essentials no calorie sweetener with fiber

1 1/3 cups diet lemon-lime soda

In a blender, blend the raspberries, grapefruit juice and sweetener until smooth. Press the mixture through a sieve into a pitcher. Discard the solids.

Fill four tall glasses with ice and pour about 1/2 cup of the raspberry mixture into each one.

Add 1/3 cup of the soda to each glass.

Serve immediately.

Per Serving (excluding unknown items): 30 Calories; trace Fat (2.2% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.