

**Beverage**

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# **Sparkling Lemonade**

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**Servings: 12**

**1 cup mint, chopped**

**1 cup fresh lemon juice**

**1 cup sugar**

**1/2 cup fresh ginger, peeled and chopped**

**selzer**

In a saucepan, heat the mint, lemon juice, sugar and ginger to boiling, stirring to dissolve the sugar.

Cool to room temperature.

Strain the syrup through a sieve. Discard the solids.

For each glass, mix two tablespoons of the syrup with 3/4 cup of selzer.

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Per Serving (excluding unknown items): 76 Calories; trace Fat (0.9% calories from fat); trace Protein; 20g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 Other Carbohydrates.