



## Blueberry Ginger Lime Spritzer

2 servings

5 minutes

### Ingredients

- 1/2 cup Blueberries
- 1 Lime (sliced into rounds)
- 1 tbsp Ginger (peeled and sliced)
- 6 Ice Cubes
- 3 cups Sparkling Water

### Nutrition

Amount per serving	
Calories	30
Fat	0g
Saturated	0g
Trans	0g
Carbs	8g
Fiber	1g
Sugar	4g
Protein	0g

### Directions

- 1 Divide blueberries, lime slices, ginger and ice between between mason jars or glasses. Top with sparkling water. Enjoy!

### Notes

**No Sparkling Water,** Use flat water instead.

**Extra Flavour,** Muddle the berries and limes in the bottom of the jar for extra flavour.

**Switch it Up,** Swap out the blueberries for blackberries, strawberries or raspberries.

Swap out the lime for lemon or orange.

**Ginger,** Gingerol is the main bioactive compound in ginger, responsible for much of its medicinal properties. It has powerful anti-inflammatory and antioxidant effects, both super beneficial to the athlete who tends to have training-induced reduced immunity and elevated levels of inflammatory cytokines (inflammatory markers). Add ginger to smoothies and baked goods often to combat this!