



## Virgin Raspberry Mojito

2 servings

15 minutes

### Ingredients

- 1/4 cup Raspberries
- 3/4 cup Water
- 2 tbsps Maple Syrup (optional)
- 1/4 cup Mint Leaves
- 1 Lime (sliced into wedges)
- 4 Ice Cubes
- 3 cups Sparkling Water

### Nutrition

Amount per serving	
Calories	68
Fat	0g
Saturated	0g
Trans	0g
Carbs	18g
Fiber	1g
Sugar	13g
Protein	0g

### Directions

- 1 In a small saucepan over medium heat, add the raspberries, water and maple syrup. Cook until thick, about 5 minutes. Use an immersion blender or add the mixture to your blender to puree until smooth. Chill in fridge at least 10 minutes.
- 2 Divide mint and 1/2 the lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together. Divide raspberry puree, ice cubes and sparkling water between the glasses. Stir to combine and garnish with remaining lime wedges. Sprinkle a pinch of sea salt if desired. Enjoy!

### Notes

**It's 5 O'Clock Somewhere,** Add a little white rum to each serving!

**No Maple Syrup,** Use honey instead.

**Make it Smooth,** Strain your raspberry puree and use the juices only.

**Mint for the Muscles!** Mint has an array of health benefits for athletes and competitors. Its high vitamin A is not only an anti-oxidant to help protect our bodies from damaging metabolic by-products of our intense workouts, but is also highly supportive to growth and tissue healing. It also aids bile flow, which means it'll help digestion on more structured or restricted diets. Good digestion = good absorption of all those muscle-building nutrients. AND if you need more convincing on this delicious fresh herb, mint also has natural muscle relaxing properties. That's good food news!