

# **BUILD Holistic Nutrition**

https://www.buildnutrition.ca/



## Virgin Raspberry Mojito

2 servings 15 minutes

### Ingredients

1/4 cup Raspberries
3/4 cup Water
1/4 cup Maple Syrup
1/4 cup Mint Leaves
1 Lime (sliced into wedges)
4 lce Cubes

3 cups Sparkling Water

## Nutrition

Amount per serving	
Calories	120
Fat	0g
Carbs	31g
Fiber	1g
Sugar	25g
Protein	0g

#### **Directions**

1

2

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.

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 2 oz of white rum to each serving. No Maple Syrup: Use honey instead. Make it Smooth: Strain your raspberry puree and use the juices only.