

KIDNEY-FRIENDLY & HEART-HEALTHY

Cranberry Mocktail

Makes 2 servings



INGREDIENTS

1 cup light cranberry juice

**2 cups sparkling water,
unsweetened**

1 lime, juiced

Fresh mint leaves

**Optional Garnishes: fresh or frozen
cranberries, lime wedges, sprigs of
mint**

DIRECTIONS

Add cranberry juice and sparkling water to a pitcher. Stir to combine.

Squeeze fresh lime juice and add to the pitcher. Add mint leaves to taste. Stir to combine.

Fill two individual cups with ice. Pour mocktail over ice. Top with garnishes.

Enjoy!

Nutrition Facts Per Serving (1 serving)	Calories	30
	Carbohydrates	7 g
	Protein	0 g
	Total Fat	0 g
	Phosphorus	8 mg
	Potassium	75 mg
	Sodium	20 mg

The recipes contained here are for educational purposes to promote a healthy diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your health condition, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.

HEALTHY
FOR THE
HOLIDAYS