## Low Calorie -Summer Drinks

Sodas, sports drinks and energy drinks are high calorie drinks that while convenient, add many additional calories with little to no nutritional benefits. Sodas typically have about 100 calories per 8 oz serving. Here are some suggestions for cool refreshing summer drinks with fewer calories.

DRINK	SERVING	CALORIES
Water	8 oz	0
-add a slice of lemon lime, or orange for flavor		
Sun Tea (even on a cloudy day)	8 oz	0

-Place 4 small tea bags (or one large family sized tea bag) into a clean gallon container filled with warm water, (an empty plastic milk jug works well), place in the sun or on your countertop, tea will be ready in about one hour, store in refrigerator

Lemonaid/Lime Aid 8 oz 45

-Juice from 2 large Lemons or 3 Limes

-1/2 cup white sugar -1/2 gallon water

**Kool-Aid(1/2 sugar)** 8 oz 45

- -one package unsweetened Kool-Aid
- -1/2 cup white sugar
- -1/2 gallon water

Juice Coolers 8 oz 50-70
Varies with juice choice
-1/2 cup juice of choice
-1/2 cup club soda

Cherry Limeade 8 oz 52

- -3/4 cup lime juice
- -Sugar substitute-equivalent to 1 cup sugar
- -2 liters lime carbonated water
- -1/2 cup maraschino cherry juice
- -8 maraschino cherries
- -8 lime slices

In a bowl, combine lime juice and sugar substitute. Cover and refrigerate. Just before serving, stir carbonated water into lime juice mixture. For each serving, place 1 tablespoon cherry juice in a glass. Add crushed ice and 1 cup lime juice mixture. Garnish with a cherry and slice of lime, makes 8 serving.

## Cran-Raspberry Iced Tea 8 oz 38

- -4 cups water
- -1 cup frozen or fresh raspberries
- -4 teaspoons sugar
- -8 individual raspberry flavored tea bags
- -4 cups reduced sugar cranberry-raspberry juice

In a large saucepan, bring the water, raspberries and sugar to a boil. Reduce heat: cover and simmer for 10 minutes. Remove from the heat, strain and discard the raspberry seeds. Add the tea bags. Let stand for 4 minutes. Discard the tea bags. Stir in the cranberry-raspberry juice, serve over ice.

Makes 8 servings.