

Fizzies

Ingredients (makes 16 servings, serving size: 1/2 cup)

- 1 (12 ounce) can Frozen juice concentrate (any flavor)
- 1 can Water
- 1 liter Seltzer water

Directions

1. Mix juice and water in a pitcher.
2. Slowly add seltzer water.

Fizzie will not keep its “fizz” for more than one day.

Nutrition Information- Per serving

Calories	42	Total Sugars	9g	Sodium	0mg
Protein	0g	Total Fat	0g	Cholesterol	0mg
Carbohydrate	10g	Saturated Fat	0g	Fiber	0g



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