May is here and the temperatures continue to rise. The sun is setting later with each passing day. With longer days, kids are playing outside until the sun goes down, adventure seekers are exploring the great outdoors, gardeners are taking advantage of cool mornings, and water-enthusiasts are splashing around at their favorite waterhole. With increased sun exposure and physical activity comes an increased need to stay hydrated. Our human bodies’ are comprised of significant amounts of fluid which our bodies are constantly utilizing to perform a wide variety of tasks. This assists us in performing at our highest level. Hydration is best achieved through consistent fluid intake (preferably water) and by consuming an abundance of whole fruits and vegetables. Eating fresh produce offers an abundance of life-giving hydration while simultaneously providing a variety of health-promoting nutrients.
Raspberry Lime Fizz

Serves: 5  10 mins.  Low Added Sugar.

Ingredients

1 cup cranberry-raspberry juice
4 cups seltzer water
1 lime

Directions

1. In a large pitcher, mix cranberry-raspberry juice with seltzer water.
2. Rinse lime and cut in half. Squeeze juice from each half into the pitcher, discarding seeds.
3. Mix well before serving.

Nutrition Info and More

Serving size: 1 cup
Total calories: 80  Total fat: 0 g
Saturated fat: 0 g
Carbohydrates: 19 g
  Protein: 0 g
  Fiber: 0 g
  Sodium: 20 mg

Replace cranberry-raspberry juice with any 100% juice you prefer.

Instead of soda, make this easy, refreshing drink!

Check out our YouTube channel to watch how to make this delicious treat!

www.youtube.com/nvcss

Adapted from the U.S Department of Agriculture, Supplemental Nutrition Assistance Program. To find out more, contact (877) 652-0731. USDA does not endorse any products, services, or organization. USDA is an equal opportunity employer. SNAPED is a program provided by NVCSS. Sources: eatfresh.org