



Laura's Recipe Corner

Great Recipes from Laura McKay!

Homemade Sparkling Raspberry Water

by Gwen: <http://www.theboldabode.com/homemade-sparkling-raspberry-water.html>

Ingredients:

Five or Six Raspberries
Two glasses
Small Sieve *optional
Wooden spoon
Crushed Ice *optional
Sparkling Water

Directions:

First, take one of your glasses and add some crushed ice.
(I find the ice makes crushing the raspberries easier.)

Then pop your cute little raspberry nuggets into the glass.

Taking the stick end {or the spoon end} of the wooden spoon, crush those little suckers to bits.

This might take a minute, but it's easy.

Then place your small sieve on your drinking glass.

Pour the raspberry mixture into the sieve. Then grab your sparkling water and pour it through the raspberry mixture.

You might want to take the spoon and stir the raspberries and ice while the water is pouring through it so you make sure and get every drop of delicious raspberry goodness into your glass! If you don't have a sieve, you can just add the sparkling water to your raspberry mixture and be done! I don't mind the seeds, but your family or guests might thank you for straining it.

I do add just a touch of Stevia to sweeten it. But sometimes, I like the all natural taste of the tartness of fresh raspberries.

Enjoy!



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