

Sparkling OJ Refresher

Prep Time

15 mins

Total Time

45 mins

Servings

2

Cooking Tools

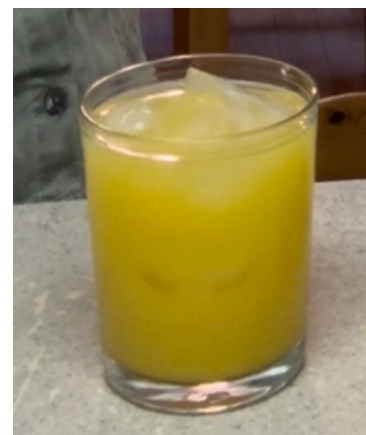
Two drinking glasses

Ingredients

2 handfulls ice

8 oz plain seltzer water

8 oz 100% orange juice



Instructions

1. Add one hand full of ice to each drinking glass.
2. In each drinking glass, combine 4 oz of seltzer water and 4 oz of orange juice each.
3. Enjoy!

Food Fact

Whole oranges are a wonderful source of both fiber and vitamin C. Fiber can aid in lowering cholesterol and may lower your risk of heart disease, while vitamin C is helpful in healing cuts and wounds and supports the immune system!



**Scan the QR code to cook along with
Shayla and her son, Wade!**



Recipe adapted from: www.snap4ct.org/cranberry-fizz.html

Food fact from: www.spendsmart.extension.iastate.edu/produce-item/oranges