

FIT

FLIK Sparkling Mixed Berry Orange Water

Portion Size: 1 each

Recipe Yield: 8

Raspberries, fresh	1 cup	Ice Cubes	1 quart
Blackberries, fresh	1 cup	Dasani Sparkling	2 qt
Orange Juice, 100%	1 cup	Mixed Berry water	

PITCHER: Muddle raspberries and blackberries in the bottom of a pitcher. Stir in orange juice. At the last minute possible, stir in the mixed berry sparkling water and add ice.

SINGLE SERVING: Muddle 2 tbsp. raspberries and 2 tbsp. blackberries in the bottom of a 12 fl oz cup. Stir in 2 tbsp. orange juice. Top with 1/2 cup ice. Pour in 8 fl oz Dasani Mixed Berry Sparkling water.

NOTE: This beverage should be made to order or right before service to preserve effervescence.

Nutrition Info (per serving):

Cal: 30; Total Fat: 0g; Sat Fat: 0g; Sodium: 5mg; Carbs: 7g; Protein: <1g; Fiber: 2g; Sugar: 4g

Food by FLIK

FIT

FLIK Sparkling Cherry Lime Basil Water

Portion Size: 1 each

Recipe Yield: 8

Basil, fresh, leaves	24 each
Lime, fresh, wedges	16 each
Ice Cubes	1 qt
Dasani Sparkling Black Cherry water	2 qt

PITCHER: Muddle basil leaves and lime wedges in the bottom of a pitcher. At the last minute possible, stir in the black cherry sparkling water and add ice.

SINGLE SERVING: Muddle 3 basil leaves and 2 lime wedges in the bottom of a 12 fl oz cup. Top with 1/2 cup ice. Pour in 8 fl oz Dasani Black Cherry Sparkling water.

NOTE: This beverage should be made to order or right before service to preserve effervescence.

Nutrition Info (per serving):

Cal: 6; Total Fat: 0g; Sat Fat: 0g; Sodium: 4mg; Carbs: 2g; Protein: 0g; Fiber: 0.5g; Sugar: <1g

Food by FLIK

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FLIK Sparkling Lemon Raspberry Water

Portion Size: 1 each

Recipe Yield: 8

Raspberries, fresh	2 cups
Lemon, fresh, wedges	8 each
Ice Cubes	1 qt
Dasani Sparkling Lemon water	2 qt

PITCHER: Muddle raspberries and lemon wedges in the bottom of a pitcher. At the last minute possible, stir in the lemon sparkling water and add ice.

SINGLE SERVING: Muddle 1/4 cup raspberries and 1 lemon wedge in the bottom of a 12 fl oz cup. Top with 1/2 cup ice. Pour in 8 fl oz Dasani Lemon Sparkling water.

NOTE: This beverage should be made to order or right before service to preserve effervescence.

Nutrition Info (per serving):

Cal: 18; Total Fat: 0g; Sat Fat: 0g; Sodium: 4mg; Carbs: 4g; Protein: <1g; Fiber: 2g; Sugar: 1.5g

Food by FLIK

FIT

FLIK Sparkling Lime and Mint Water

Portion Size: 1 each

Recipe Yield: 8

Mint, fresh, leaves	24 each
Lime, fresh, wedges	16 each
Ice Cubes	1 qt
Dasani Sparkling Lime water	2 qt

PITCHER: Muddle mint leaves and lime wedges in the bottom of a pitcher. At the last minute possible, stir in the lime sparkling water and add ice.

SINGLE SERVING: Muddle 3 mint leaves and 2 lime wedges in the bottom of a 12 fl oz cup. Top with 1/2 cup ice. Pour in 8 fl oz Dasani Lime Sparkling water.

NOTE: This beverage should be made to order or right before service to preserve effervescence.

Nutrition Info (per serving):

Cal: 9; Total Fat: 0g; Sat Fat: 0g; Sodium: 5mg; Carbs: 2.5g; Protein: 0g; Fiber: 1g; Sugar: <1g

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