

Virgin Sparkling Mojito

Ingredients

- Fresh mint leaves, crushed
- Juice of ½ lime or lemon
- Peppermint or plain powdered Stevia
- 6 ounces sparkling mineral water
- Crushed ice

Makes 1 serving
0 protein
0 fat
Less than 10 calories

**PHASE 3
MODIFICATION:**
Add one shot of rum.

Directions

1. Crush mint leaves to release the flavour.
2. Add liquid or powdered Stevia and lemon or lime juice.
3. Add sparkling mineral water and crushed ice.
4. Top with a sprig of mint and enjoy.

