

# Cranberry-Rosemary Sparkler

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: 1 glass

## Ingredients

¼ cup whole fresh or frozen cranberries, thawed if frozen

1 sprig fresh rosemary

2 teaspoons sugar or agave

⅔ cup soda water or seltzer (flavored or unflavored), chilled

4-5 ice cubes

Optional garnish: Whole cranberries, rosemary sprig

## Directions

1. Add the cranberries, rosemary, and sugar or agave to a liquid measuring cup.
2. Using a muddler or the handle of a wooden mixing spoon, smash the cranberries and rosemary until they are broken down and juicy.
3. Add the soda water and ice. Gently stir to combine.
4. Pour the cranberry-soda water mixture through a strainer into a drinking glass.
5. Serve right away, garnishing with cranberries or rosemary if desired.



Nutrition Facts Per Serving: Calories: 40 | Total Fat: 0 g | Saturated Fat: 0 g  
Sodium: 0 mg | Total Carbohydrate: 9.5 g | Dietary Fiber: 0.5 g | Protein: 0 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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