

# Eat Smart • Move More

## Homemade Strawberry Soda

Prep Time: 5 minutes

Total Time: 25 minutes



### Ingredients

- 1 ½ cups water
- 2 tablespoons sugar
- 2 cups strawberries, cleaned and pureed
- 2 tablespoons lemon juice
- Ice
- 5 cups sparkling water

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving (474.55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>50</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 10g	
Includes 6g of Added Sugars	<b>12%</b>
<b>Protein</b> <1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 114mg	<b>8%</b>
Iron 0mg	<b>0%</b>
Potassium 125mg	<b>2%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Try substituting other berries, like raspberries or blueberries, for strawberries.
- ▶ Strawberries are in-season in the Spring in Virginia.
- ▶ Choose sparkling water, club soda, or seltzer water instead of tonic water, which has added sugar and flavorings.

### Follow us | Like us



[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

### Directions

- Bring water and sugar to a boil, in a saucepan and stir until sugar has dissolved. Remove from heat and allow to cool for 20 minutes.
- Combine pureed strawberries and lemon juice in a mixing bowl.
- Combine syrup and strawberry mixture in a drinking pitcher. Add ice and stir.
- When ready to serve, pour strawberry mixture into four glasses and top each equally with sparkling water. Stir gently to combine.

(Recipe adapted from: <https://www.chowhound.com>.)

[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)