

Tropical Mocktail

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/fresh-fruit-flan-recipes>

Ingredients:

- 1 can sparkling water Dasani, Tropical Pineapple
- 2 oranges
- 1/4 cup raspberries
- 8 strawberries ish Large, Chopped
- fruit Extra, for Fruit Ice Cubes, optional

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 58 grams
3. Fiber: 12 grams
4. Protein: 3 grams
5. Sodium: 30 milligrams
6. Sugar: 25 grams

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