

Berry Punch

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/new-years-non-alcoholic-punch-recipe>

Ingredients:

- 4 ounces raspberries
- 4 ounces blueberries
- 4 ounces currants red or white
- 1 pint mineral water carbonated, well chilled
- 1 lime small
- 1 tablespoon powdered sugar 10 grams
- 1 tablespoon orange liqueur
- 3 sprigs lemon balm
- 1 1/2 cups tonic water well chilled
- 3/4 cup alcohol free sparkling wine, rosé, well chilled

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 27 grams
3. Fiber: 5 grams
4. Protein: 1 grams
5. Sodium: 40 milligrams
6. Sugar: 19 grams

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