

Fruity Spritzer

Ingredients

- Soda water/tap water
- Juicy fruits (e.g. strawberry, lime, lemon, orange)
- Optional: herbs (e.g. mint, basil)

Directions

- 1. Wash and cut fruits into cubes or slices. Put it into a cup.
- 2. Take 2-4 leaves of herbs and tear it into smaller pieces before putting it into the cup.
- 3. Pour the soda water or plain water into the cup and add ice as desired.

This recipe is brought to you by KK Women's and Children's Hospital, as part of the Kick Start Move Smart programme with SportSG and HPB.

