

## Frozen Fizz

**Serving size:** 1 cup; makes 4 servings

**Prep time:** 10 minutes

**Cook time:** 10 minutes

**Total time:** 30 minutes

### Ingredients

- 2 cups (16 fl oz) diet ginger ale
- 8 ounces frozen unsweetened strawberries
- 2 Tbsp fresh lime juice
- Fresh mint and lime wedges, for garnish
- 1-2 Tbsp sugar substitute (optional)



### Preparation

1. Combine 1 ½ cups ginger ale, strawberries, sugar substitute (optional), and lime in blender; blend until smooth.
2. Pour into four glasses. Top with remaining ½ cup ginger ale.
3. Garnish with lime wedges and mint. Serve cold.

### Nutritional Information

#### Per serving

Calories: 21

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Total Carbohydrate: 7g

Dietary Fiber: 1g

Sugar: 5g

Protein: 0g

Sodium: 61mg

*Adjusted from:* Take Control Diabetes Self-Management; July/August 2018