

Mint Lemonade



Ingredients

- 2 slices lemon
- 2 teaspoons lemon juice
- 3 packets Splenda® Stevia Sweetener
- 3 mint leaves
- 1/2 cup chilled soda water or water
- 3/4 cup ice

Preparation

- Mash lemon slices, juice, mint leaves, and Splenda Stevia Sweetener with a spoon in a tall glass until lemon and mint leaves are bruised
- Stir in soda water. Add ice.

NUTRITION FACTS PER SERVING

Servings: 1
Serving Size: 8 fluid ounces
Calories 5, Total Fat 0g, Cholesterol 0mg, Sodium 10mg, Total Carbs 8g, Dietary Fiber 0g, Sugars 1g, Protein 0g

Iced Vanilla Coffee



Ingredients

- 3/4 cup brewed strong coffee
- 2 squeezes Splenda® Liquid Sweetener
- 3 tablespoons nonfat milk
- 1 teaspoon vanilla extract
- ice

Preparation

- Fill a tall glass with ice.
- Add all ingredients and stir. Serve immediately.

NUTRITION FACTS PER SERVING

Servings: 1
Serving Size: 8 fluid ounces
Calories 40, Total Fat 0g, Cholesterol 0mg, Sodium 30mg, Total Carbs 5g, Dietary Fiber 0g, Sugars 5g, Protein 2g

Raspberry Mint Julep Mocktail



Ingredients

SIMPLE SYRUP

- 1 cup water
- 1/2 cup Splenda® Stevia Sweetener, Table Top Jar

RASPBERRY MINT JULEP

- 2 teaspoons Simple Syrup
- 6 large raspberries, plus a few for garnish
- 3 mint leaves
- 1/4 cup raspberry seltzer water
- Crushed ice
- 1 mint leaf for garnish

Preparation

- In a small saucepan, combine water and Splenda Sweetener over medium heat until sweetener is dissolved and liquid is clear (about 2 minutes). Let steep for about 20 minutes over low heat. Cool slightly.
- Place syrup in a jar or plastic container. Cover and chill for several hours. Remaining product can be stored in the refrigerator for several days.
- Mix simple syrup, raspberries, mint leaves, and raspberry seltzer water together. Pour over ice and garnish with mint leaf.

NUTRITION FACTS PER SERVING

Servings: 1
Serving Size: 1/2 cup
Calories 25, Total Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbs 16g, Dietary Fiber 0g, Sugars 5g, Protein 0g

Southern Sweet Tea



Ingredients

- 1 cup boiling water
- 4 tea bags
- 4 packets Splenda® Stevia Sweetener
- 1 cup cold water
- Freshly squeezed lemon juice for flavoring (optional)
- Mint sprigs for garnish (optional)
- Lemon slices for garnish (optional)

Preparation

- In a heatproof pitcher, add boiling water and tea bags. Cover and steep 10 minutes. Remove tea bags and squeeze into brew before discarding.
- Stir in Splenda Sweetener and cold water. Add lemon juice, if desired.
- Serve over ice. Garnish with mint and lemon, if desired. Keep refrigerated.

NUTRITION FACTS PER SERVING

Servings: 2
Serving Size: 8 fluid ounces
Calories 0, Total Fat 0g, Cholesterol 0mg, Sodium 10mg, Total Carbs 4g, Dietary Fiber 0g, Sugars 0g, Protein 0g