



Schoharie County  
173 South Grand St  
Cobleskill, NY 12043  
518.234.4303  
518.296.8310  
Fax: 518.234.4305  
schoharie@cornell.edu

Otsego County  
123 Lake St  
Cooperstown, NY 13326  
607.547.2536  
Fax: 607.547.5180  
otsego@cornell.edu

Oneonta Outreach  
31 Maple St  
Oneonta, NY 13820  
607.433.2521  
Fax: 607.436.9682

cceschoharie-otsego.org

## Fruit Sparkler

### Ingredients:

1 can unsweetened frozen 100% juice concentrate  
seltzer

*Makes 6 servings - 0% calories from fat*

### Instructions:

1. Mix frozen juice concentrate according to direction on the can, substituting seltzer for the water.

Nutrition Facts		
Serving Size 1 cup		
Servings Per Container 6		
Amount Per Serving		
<b>Calories</b> 130	<b>Calories from Fat</b> 0	
% Daily Value*		
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 5mg		<b>0%</b>
<b>Total Carbohydrate</b> 32g		<b>11%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 32g		
<b>Protein</b> 0g		
Vitamin A 0%	•	Vitamin C 100%
Calcium 0%	•	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000    2,500
Total Fat	Less Than	65g    80g
Saturated Fat	Less Than	20g    25g
Cholesterol	Less Than	300mg    300 mg
Sodium	Less Than	2,400mg    2,400mg
Total Carbohydrate		300g    375g
Dietary Fiber		25g    30g
Calories per gram:		



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