

DIY Low Sugar Drinks



Let's face it... kids love their juices and other sugary drinks. Here are a few easy alternatives to make yourself at home--for a fraction of the sugar!

1 Tropical Punch

1/4 cup fresh pineapple chunks / 1 cup coconut water / 1 slice of lime

Combine together and muddle to infuse flavor. Strain out solids. Other fruits can be added to your liking.



11 grams

VS



29 grams

2 Pink Lemonade

1/2 cup raspberries / 1 cup water / 1/2 cup lemon juice

Combine together and muddle to infuse flavor. Strain out solids. Raspberries can be substituted with strawberries. Add ice to create frozen lemonade.



5 grams

VS



37 grams

3 Strawberry Milk

1/4 cup sliced strawberries / 1 cup water / 1 cup milk

Cook strawberries and water in saucepan for 5 minutes on medium heat. Once soft, pass through strainer. Mix with milk.



14 grams

VS



32 grams

4 Orange Soda

1 1/2 cups soda water / 1/2 cup fresh squeezed orange juice

Combine soda water and juice together. Soda water can also be combined with any fresh ingredients to give soda-like carbonation.



10 grams

VS



42 grams