



## Apple Soda

### Nutrition Facts

16 servings per container	
<b>Serving size</b>	<b>1 cup (237ml)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>30</b>
	<small>% Daily Value*</small>
<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> 7g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 2.6mg	0%
Iron 0mg	0%
Potassium 70.5mg	2%
Vitamin C 23.4mg	25%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients Needed:

- 1 gallon of Plain Seltzer Water
- 1 cup of Frozen Apple Juice concentrate, No Sugar Added

### Directions:

1. Wash hands with soap and water.
2. Clean a 1 gallon drink pitcher with soap and water. Rinse thoroughly.
3. Add 1 cup of frozen apple juice concentrate to the pitcher.
4. Add 4 liters of plain seltzer water.
5. Stir until apple juice concentrate is fully dissolved.
6. Serve with or without ice. Enjoy!

**Cook time:** 5 mins  
**Makes:** 16 cups