SHOPPING LIST

Fizzy Pomegranate Water

- ◯ Pomegranate Juice
- ◯ Ice Cubes
- ◯ Seltzer Water
- ◯ Lime

First, check off the items you already have at home.

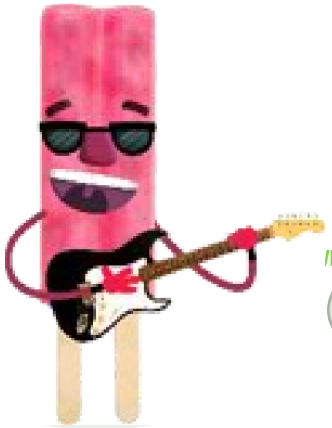
CUT

Freezerburn presents

DRINKS

PBS KIDS GO! · FIZZY'S LUNCH LAB

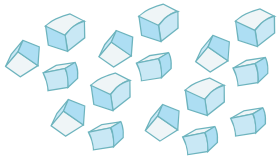
Fizzy Pomegranate Water



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Less than 30 min.	Easy	

CUT

YOU WILL NEED



16 ice cubes

4 cups seltzer water

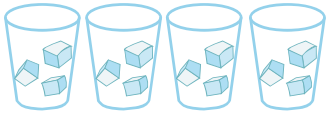
¼ cup pomegranate juice

lime wedges

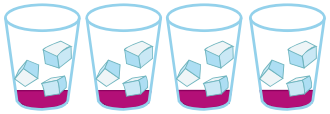
CUT

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: Fill 4 glasses with the ice cubes.



STEP 2: Add 1 tablespoon of pomegranate juice to each.

STEP 3: Fill the remainder of the glasses with seltzer water. Garnish with lime wedges (and straws!), and serve.

pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size 1 glass (338g)
Servings Per Container 4

Amount Per Serving

Calories 10 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4