

# Sparkling Strawberry Mint Water

## Ingredients

- 3 1/2 cups sparkling water(divided)
- 2 teaspoons fresh lemon juice
- 4 large fresh mint leaves plus 4 mint sprigs(divided)
- 4 large fresh strawberries(stemmed)



## Directions

1. Puree the strawberries, mint leaves, lemon juice, and 1/2 cup of the sparkling water in a blender on low speed until smooth, at least 30 seconds.
2. Pour the puree into a serving pitcher. Very slowly pour in the remaining sparkling water.
3. Serve chilled over ice in tall beverage glasses. Garnish each with a sprig of fresh mint.

