

Spirited Entertaining

Drink In The Sweet Tastes Of The Season—And Still Fit Into Your Clothes

(NAPSA)—It's time to break out your umbrellas—the paper kind, that is! No beach, barbecue or backyard party is complete without a cool, refreshing beverage. Fun and fruity drinks are delicious but can be loaded with empty calories from sugar. To slim down these libations, Sweet'N Low®, America's original zero-calorie sweetener, suggests tasty new beverages that can be dressed up with spirits and mixers, or served as is for family-friendly occasions.

Berry Special Sparkler

- 2 orange spice tea bags
- 2 cups boiling water
- 1 cup frozen raspberries
- ½ cup light or reduced-sugar frozen cranberry juice concentrate
- 3 packets Sweet'N Low® zero-calorie sweetener
- 1 cup raspberry-flavored seltzer water

Steep tea bags in water until cool; remove tea bags. Puree raspberries in blender until smooth; add to tea; stir in cranberry juice concentrate and Sweet'N Low. Strain mixture through sieve to remove seeds. Stir in seltzer. Serve immediately over ice cubes in tall glass. Makes 4 servings.

Per Serving: 32 calories, <1 g protein, 8 g carbohydrate, 0 g fat, 0 mg cholesterol, 6 mg sodium, <1g fiber

Just Peachy Smoothie

- 1 cup frozen sliced peaches
- 1 cup fat-free peach yogurt



- ½ cup orange juice
- 2 packets Sweet'N Low® zero-calorie sweetener
- ¾ cup orange-flavored seltzer water
- Fresh peach slices, optional

In blender, combine peaches, yogurt, orange juice and Sweet'N Low; puree until smooth. Stir in seltzer until combined. Pour in tall glasses; garnish with fresh peach slices, if desired. Serve immediately. Makes 4 servings.

Per Serving: 58 calories, 3 g protein, 12 g carbohydrate, 0 g fat, 1 mg cholesterol, 37 mg sodium, <1g fiber

Marvelous Mint Crush

- ½ cup fresh mint leaves, washed and dried, torn in half
- 12 packets Sweet'N Low® zero-calorie sweetener
- 3 cups cold water

- ½ cup freshly squeezed lemon juice
- 1 (12-ounce) can diet ginger ale
- Fresh mint leaves, optional

Place mint leaves in the bottom of a pitcher. Add Sweet'N Low and crush mixture with back of wooden spoon. Add water, lemon juice and ginger ale; stir. Serve immediately over crushed ice in tall glass, garnishing with fresh mint leaves, if desired. Makes 4 servings.

Per Serving: 33 calories, <1 g protein, 9 g carbohydrate, 0 g fat, 0 mg cholesterol, 29 mg sodium, <1g fiber

Sweet'N Low has zero calories and is the least expensive artificial sweetener on the market. The ubiquitous pink packet was introduced to consumers nearly 50 years ago and is an American staple. For more information, visit www.sweetnlow.com.