



A simple, refreshing drink with a subtle tartness and a hint of natural sweetness. Tart cherry juice contains small amounts of naturally occurring melatonin, making this a nice alcohol-free option to wind down in the evening.

INGREDIENTS

- 1/2 cup Tart cherry juice
- 1 tsp Maple syrup (optional)
- 1/2 cup Sparkling water
- Ice cubes or frozen tart cherries

INSTRUCTIONS

1. In a glass, combine the tart cherry juice, maple syrup (if using), and sparkling water.
2. Top with ice and/or frozen tart cherries. Cheers!

Nutrition (Based on 2000kcal)

96kcal/serving | **Macros:** Net Carbs 22.8 g (0.0g fiber) , Protein 0.4 g, Fat 0.7 g (0.00 g saturated)

Good source (10-19% DV): Manganese.

Excellent source (>20% DV): N/A