

BLACKBERRY MINT TWIST

Created By June Ok
MRO's Summer Intern Class of 2022



A berry **REFRESHING** drink
that **SUPPORTS** iron and
vitamin C levels!

INGREDIENTS



1 Serving (1 Tbsp)
MaryRuth's
Liquid Iron



4-5
Blackberries



5-7
Fresh Mint Leaves



4 oz
Lime
Sparkling Water



2 Tbsp
Lime Juice



1
MaryRuth's
Vitamin C Gummy



Lime Slices & Mint
for Garnish

INSTRUCTIONS

1. Muddle blackberries, mint and lime juice in a drink shaker.
2. Pour into a glass (do not strain) over ice.
3. Add Liquid Iron and stir until combined.
4. Top with sparkling water.
5. Garnish with one Vitamin C Gummy, lime slices, and mint.