

MINT BERRY SMASH MOCKTAIL



SUPPORT iron levels
with this **BERRY-LICIOUS**
& **MINTY** mocktail!

✦ INGREDIENTS ✦



1 Serving
MaryRuth Liquid Iron**



1/4 Cup
Raspberries



1/4 Cup
Blueberries



1/4 Cup
Fresh Mint Leaves



1 Oz
Lime Juice



1 Oz
Hibiscus Tea



1 Tbsp
Agave Nectar



Soda Water



Ice

✦ INSTRUCTIONS ✦

1. Add the raspberries, blueberries, and mint to a shaker and muddle together.
2. Add the lime juice, hibiscus tea, agave nectar, and ice, and shake until well combined.
3. Add ice to a glass and strain the mixture into the glass.
4. Top with soda water and stir in MaryRuth's Liquid Iron.
5. Garnish with additional berries and mint if desired, and enjoy to support your iron levels!

**Dosing for this product varies by age. Please check the dosage chart for the proper age group's recommended serving.