

RASPBERRY MULTIVITAMIN SPRITZER

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



A FUN & REFRESHING way to enjoy
your daily servings of vitamins!



✦ INGREDIENTS ✦



1 Serving (2 Tbsp)*
MaryRuth's Liquid
Morning Multivitamin



8-10
Raspberries



2 Tbsp
Monk Fruit
(6 more to taste)



1 oz
Orange Juice



2 Tbsp
Lime Juice



4 oz
Orange Flavor
Sparkling Water



Orange Slices,
Raspberries & Monkfruit
(for Garnish)

✦ INSTRUCTIONS ✦

1. Run a lime wedge along the rim of a glass and coat in monk fruit.
2. Muddle raspberries, 2 tbsp (or more to taste) monk fruit, and lime juice in a drink shaker until monk fruit dissolves.
3. Add orange juice and lots of ice and shake well.
4. Strain into a glass over ice.
5. Stir in 1 serving of Liquid Morning Multivitamin and stir until just combined.
6. Top off with sparkling water.
7. Garnish with orange slice and raspberries (optional).

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