

# VERY BERRY MOCKTAIL



A **BERRY** delicious way  
to **SUPPORT** your  
iron levels!

## ✦ INGREDIENTS ✦



1 Serving  
MaryRuth's Liquid Iron



2  
Large Strawberries  
(Sliced)



1/4 Cup  
Blueberries



2  
Mint Leaves



Sparkling Water



Lemon Slice  
(For Garnish)

## ✦ INSTRUCTIONS ✦

1. Add the strawberries, blueberries, and mint to a glass and muddle.
2. Add ice to the glass and top with sparkling water.
3. Stir in MaryRuth's Liquid Iron and garnish with a slice of lemon. Enjoy!