

Lemon Lime Soda with Stevia

3 servings

Ingredients

2/3 slices of lemon or lime

1/4 cup mixture of fresh lemon & lime juice

10 - 15 drops of liquid stevia extract

pinch of finely ground sea salt

3 cups bubbly water - mineral water, sodium free seltzer water or soda water

Preparation

Mix the juice, stevia extract and salt together in a large jar or pitcher. Add the bubbly water, stir gently and pour into tall glasses over ice and lemon and lime slices. The pinch of salt helps round out the flavor of the drink. It is also helpful if you have adrenal fatigue. You can leave it out if you like.