



Fit & Flavorful  
Strawberry Lime Mockarita  
*Recipe from Executive Chef Tim Cockram*



Calories: 63    Protein: 0.5g    Carbohydrates: 16.3g    Total Fat: 0.2g  
Saturated Fat: 0.0g    Trans Fat: 0.0g  
Cholesterol: 0.0mg    Sodium: 4.3mg    Fiber: 1.4g

**Yield: Approx. 6 servings (serving size 8 oz. (one cup))**

Mayo Clinic Healthy Weight Pyramid serving: 1 fruit

**Ingredients**

2 cups ice  
¼ cup agave  
3 cups strawberries  
¼ tablespoon lime juice  
1 lime wedge  
1 cup seltzer

**Creative Additions**

¼ tsp. cinnamon

**Preparation**

Place all ingredients in a blender except seltzer. Put blender on crush mode and blend until smooth. Add seltzer and pulse a few times to blend (add cinnamon if desired). Serve with a lime slice for garnish.

**Technique:** Balance sweetness with seltzer water and ice and keep the calories in check too.

**Taste:** The kick of citrus helps bring out the berries ripeness.

**Try:** Try it with cinnamon as this adds character.

**Tip:** Limit added sugars. Choose added sugars that add flavor beyond just sweet.