



Cooking for Wellness

Sponsored by:



Red, White and Blue Vanilla Bean Spritzer

Yields: 8 servings

Preparation Time: 30
minutes

Ingredients

For Strawberry Ice Cubes:

2 cups frozen strawberries

1 cup fresh strawberries, hulled and
diced

½ cup water

For Blueberry Ice Cubes:

2 cups frozen blueberries

1 cup fresh blueberries

½ cup water

For the Vanilla Bean Syrup:

1 cup sugar

2 vanilla beans

1 cup water

For the drinks:
Sparkling or seltzer water
Ice



Instructions

1. Combine the frozen strawberries, sugar and water in a saucepan and bring to boil. Mash the berries against the sides of the pan to release as much juice as possible. Strain the simple syrup into a jar and cool completely.
2. Repeat steps above using the blueberries.
3. Make the ice cubes by dividing the chopped fresh strawberries among one ice cube tray, and top with water. Freeze until ready for use.
4. Repeat steps above using the blueberries.
5. For the vanilla bean syrup, pour 1 cup of the sugar in a saucepan. Slice the vanilla bean pods in half and scrape out of the seeds into the sugar.
6. Add the pods to the pan and 1 cup of water. Bring to boil, stirring to make sure all the sugar is dissolved. Once dissolved turn off the heat and let cool for an hour to let the vanilla bean infuse in the syrup. Remove the vanilla bean pods and pour syrup into a jar and chill until ready to use.
7. Assemble your spritzer by placing 2 blueberry cubes in a glass, followed by 2 regular ice cubes, and finally 2 strawberry ice cubes on top. Add 1 tablespoon of the vanilla bean syrup and fill the glass with sparkling water.