

DRINKS

Sparkling Spritzer Bar

3 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
85 min	20 min	65 min	12	\$0.76	201 kcal



Sparkling Spritzer Bar is a gluten free, dairy free, lacto ovo vegetarian, and fodmap friendly beverage. One portion of this dish contains around 0g of protein, 0g of fat, and a total of 201 calories. This recipe serves 12.

Ingredients

- ☐ 8 sprigs fresh mint
- ☐ 1 lime, zested and sliced
- ☐ 1 cup frozen raspberries
- ☐ 3 cups sugar
- ☐ 3 cups water
- ☐ 2 bottles Prosecco, optional
- ☐ 1 inch ginger, peeled and sliced
- ☐ 1 orange, zested and sliced
- ☐ 4 bottles sparkling water
- ☐ 1 bottle vodka, optional
- ☐ 2 bottles Prosecco, optional

EQUIPMENT Bowl, Pot

Method

- 1 In a small bowl add orange zest and 4 sprigs of mint. In a second bowl add the lime zest and ginger. To a third bowl add 3/4 cup of the raspberries.
- 2 In a pot mix the sugar and 3 cups water. Put over medium heat and bring it to a boil, then evenly divide the sugar syrup among the 3 bowls. Stir each to mix and let cool to room temperature.
- 3 Pour each mixture into jars or syrup containers and refrigerate until ready to use or up to 2 weeks.
- 4 Set out chilled bottles of sparkling water. Put out plenty champagne flutes or wine glasses.
- 5 Let people create their own Sparkling Spritzer by mixing about 3 tablespoons of a flavored syrup with some seltzer water and a shot of vodka or Prosecco, if desired.
- 6 Garnish the drinks with mint sprigs, orange slices or lime slices.

Nutrition per serving

201	0 g	0 g	52 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0 g · 0% of daily needs
Fibre			1 g · 4% of daily needs
Sugar			50.5 g · 56% of daily needs
Sodium			4.1 mg · 0% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			5.9 mg · 7% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/sparkling-spritzer-bar-147361