

# DESTIN PILATES SPRITZER

## WITH LIME DOTERRA ESSENTIAL OIL

Organic Cranberry Juice

Sparkling Water or Lemon Lime Pellegrino/Soda

Ice Cubes

Lime Essential Oil

1. Fill glass with ice, pour sparkling water or even lemon lime soda half way.
2. Fill additional half glass with cranberry juice.
3. Add 1 drop of lime essential oil and stir.



Recipe adapted by Shyron Bynog from Kitchenique Cooking School and Paleo Comfort Foods.