

Italian Soda Three Ways

*chef Scott - Aldi Test Kitchen
www.aldi.com*

Servings: 4

MIXED FRUIT

*1 cup frozen mixed fruit
1 tablespoon granulated
sugar*

1 cup water

1 cup half-and-half

2 bottles (one liter ea)

sparkling strawberry

flavored water

BLUEBERRY WHITE

GRAPE

1 cup frozen blueberries

1 tablespoon granulated

sugar

1 cup water

1 cup half-and-half

2 bottles (one liter ea)

sparkling white grape

flavored water

Black Cherry Vanilla

1 cup half-and-half

1 tablespoon pure vanilla

2 bottles (one liter ea)

sparkling black cherry

flavored water

Preparation Time: 5 minutes

FOR MIXED FRUIT OR BLUEBERRY WHITE GRAPE SODA: In a blender, combine the fruit, sugar and water. Pulse until puree'd.

In a small saucepan, simmer the puree' until reduced by half. Refrigerate until cool.

In a tall glass, mix three tablespoons of puree' and one-half cup half-and-half. Add two cups of sparkling flavored water. Top with ice. Stir until combined.

Serve.

FOR BLACK CHERRY VANILLA: In a small bowl, stir together the half-and-half and vanilla.

In a tall glass, combine 1/4 cup of the mixture with two cups of sparkling black cherry flavored water. Top with ice. Stir to combine.

Serve.

TIP:

To keep the half-and-half from curdling, you must first mix it with the fruit puree' or vanilla. Then add the sparkling water and then the ice. When stirred, a foam will form on the top.

Per Serving (excluding unknown items): 44 Calories; trace Fat (4.8% calories from fat); trace Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.