

Zucchini Bread Recipes

Gummy Bear Refresher

A playful fizzy drink starring gummy bears, sparkling water, and a hint of citrus, perfect for quick refreshment.

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Beverage** Course

Ingredients

Main Ingredients

- [ ] 1 cup gummy bears (mixed flavors)
- [ ] 2 cups cold sparkling water
- [ ] 1 tbsp fresh lime juice
- [ ] 1 cup ice cubes
- [ ] 2 sprigs fresh mint (optional)
- [ ] 1 tsp simple syrup (optional)

Instructions

1. Fill two glasses with ice cubes, letting the chill settle the glass.



2. Pour the sparkling water over the ice, listening for the gentle fizz.



3. Add the lime juice and, if desired, a teaspoon of simple syrup; stir lightly.



4. Drop a generous handful of gummy bears into each glass; watch them bob and release fruit notes.



5 Garnish with a sprig of mint and, if you like, a few extra bears on the rim for visual fun.



Nutrition per serving

120 kcal	1 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use chilled sparkling water to keep the drink crisp.
- If the gummy bears start to dissolve too much, add a bit more ice.
- Feel free to experiment with flavored sparkling water like raspberry or peach.