

# Rose Berry Fizz

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1/3 cup blueberries
- 1 sprig of rosemary, de-stemmed
- 1/2 tsp raw honey
- 1 cup sparkling water

## Instructions:

1. Muddle blueberries, rosemary and honey in cocktail shaker or separate cup.
2. Add sparkling water and gently stir with muddled mixture.
3. Pour through fine mesh strainer into rock glass, garnish with rosemary and blueberries and enjoy!

## Notes:

Serves 1