

Creme Soda



Plan Z Phase: This is a Z2 (ZReduction) recipe. Makes a great substitute for flavored sodas.

Servings: Serves 1

Ingredients:

- 12 oz glass of sparkling water
- ice cubes
- vanilla-flavored stevia (or whatever flavor suits your taste)

Instructions:

Fill a 12 oz glass with sparkling water and ice. Add 3 – 4 drops of vanilla-flavored stevia and you have a no calorie cream soda!

Stevia also comes in a bunch of other flavors. The root beer flavor is great too!

Experiment with these flavors and fizzy water and enjoy!

When in a restaurant, order a glass of plain club soda and keep your stevia with you. You can make your own cream soda on the spot!

Other Stevia flavors I've seen:

Cinnamon, grape, chocolate, peppermint, root beer, apricot nectar, English toffee, vanilla crème, orange, lemon and chocolate-raspberry.

Enjoy!

Cheers,