

# SUGAR FREE CREAMSODA



By Food lovers recipes

## SUGAR FREE CREAMSODA

### DIABEET EN VERSLANKER VRIENDELIK

Sugar Free Cream Soda DIY – Lekker Suikervrye Groen Ambulans

-- YAY !!

1 bottle sparkling water

1 tablespoon vanilla essence, or vanilla extract for the more authentic flavour

1 drop rose extract, or rose water to taste

Sweetener to taste

1 drop green colouring

Mix the ingredients, making sure to keep on tasting all the way. The vanilla is the most important and don't overdo the rose extract. It might take experimenting to get it right, but even my failures were satisfying enough☐

All people with any type of diabetes who wish to use our recipes, should do so in consultation with their diabetes healthcare team. If you have diabetes it is important to know your risk factors.

Persone met enige tipe diabetes wat ons resepte wil gebruik, moet dit in oorleg met hul diabetes-gesondheidsorgspan doen. As jy diabetes het, is dit belangrik om jou risikofaktore te ken.