

# STEP AWAY FROM THE CANNED COLA



# TRY AN ITALIAN STRAWBERRY SODA INSTEAD!

By Barbara Morales  
Photography by Marty Snortum Studio

We use them commonly in coffees, but Italian syrups by no means are limited to just jazzing up our java. An Italian Soda is a light and fun way to enjoy a carbonated beverage in which there is no caffeine, and in which you have total control over the sugar content. Italian soda syrups come in a wide variety of flavors such as vanilla, caramel, hazelnut, banana, apricot, amaretto, blackberry, cherry, chocolate, chocolate mint, guava, peach, watermelon, pear, and raspberry, just to name a few. Try mixing your favorites together for a uniquely personalized flavor. Monin Italian syrup, the brand we've chosen to use for this recipe, boasts no fat or cholesterol, and is made from natural fruits, nuts, spices, water and sugar. This syrup has no artificial flavoring or preservatives, and Monin, among other brands, also offers sugar-free versions of its syrups. Italian sodas can also be made into a rich cremosa, simply by adding a little cream or milk to the mixture.

This recipe makes one glass of Strawberry Italian Soda:

In a tall glass add 1 ½ shots of Monin Strawberry Syrup, and fill the glass with Perrier or any carbonated water. If desired, add a touch of cream or milk to make this treat a cremosa. For a festive option, add whipped cream to the top of your soda. Float strawberries, raspberries, or frozen fruits in the glass, or use any fresh or frozen fruits to garnish.

A variety of Monin syrups can be purchased at Spirit Winds Coffee Bar, at 2260 S. Locust, in Las Cruces, New Mexico. There are also many online resources for Italian syrups. 