



# Drinks for Divers: Blue Ocean Spritzer

By Gretchen M. Ashton Jun 30, 2016

For those times when we just can't submerge, divers need a little something to remind them of the sea. Check out this recipe for a refreshing spritzer to get you through the dry days.

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Sometimes we just can't get to the ocean, and our best mechanisms for coping with diving withdrawal are music, food, and beverages that remind us of the sea. The feeling is best described in the song, "Ocean is my Potion," by singer and songwriter Mishka. The lyrics are a great accompaniment to this refreshing sparkling "Blue Ocean" spritzer, inspired by the sea.

*"Ocean is my potion; I need vitamin sea. So if you're trying to find me, look out there by the reef...if you're a sailor, swimmer, deep-sea diver then you know what I mean..."*

Fresh, great-tasting drinks for divers are often high in calories, especially in the form of sugar, and sometimes in the form of alcohol, which goes almost directly to stored body fat. In hot weather, on dive trips, or landlocked, the following refreshing spritzer is big on nutritional benefits and taste, but low in calories and sugar.

## Drinks for Divers

Blueberries create the sparkling blue color of this ocean-themed beverage, but any berry or citrus combination will satisfy. It's easy to make and the ingredients are readily available. After juicing or muddling the berries, place all ingredients in a shaker. Shake for a few seconds and pour over ice. Calorie count for the blueberries in this recipe is about 75, and the small amount of citrus and sparkling water make this drink less than 100 calories.



- 1 cup of blueberries (juice or muddle)
- 1 cup of sparkling water
- 1 mint sprig (muddle)
- 1 teaspoon fresh lemon, lime or orange juice
- A few drops of liquid Stevia

**Note:** If you'd like to make this an alcoholic spritzer, adding 8 oz. of white wine instead of sparkling water increases the calorie count by 185 calories, making it closer to a 300-calorie beverage.

Blueberries are best when locally grown, but wherever they come from, they freeze well for enjoyment year-round. Blueberries are an excellent source of vitamin C, an important antioxidant. It helps the growth and repair of body tissues, and makes the collagen essential to maintaining healthy skin, cartilage, tendons, ligaments and blood vessels. Vitamin C also helps heal wounds and repair and maintain bone and tooth health.

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Gretchen brings her passion for diving and fitness together as the founder of ScubaFit® the only fitness for diving certification which is also approved by both diving and fitness agencies. She is an advanced diver, NBF and ISSA Elite Personal Trainer, Specialist in Fitness Therapy and Nutrition, an AAU World Champion Hall-of-Fame athlete, and a mentor for Water Women, Inc. She shares her message with divers by visiting dive clubs, presenting at scuba shows, as a radio guest, as the publisher of FitDiver® Magazine, and with FitDiver® mobile apps. She widely published with more than 125 articles for diving publications and blogs. For more information or to contact Gretchen, visit [www.scubafit.com](http://www.scubafit.com).

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