

5 Healthiest SodaStream Recipes

You've purchased a SodaStream and you're quite happy with it, but you want something even healthier than the SodaStream mixes that come with the machine. While SodaStream syrups may produce pop that's slightly healthier than commercial versions, it's still not actually healthy.

Which means you need to do a little bit of digging and get creative with your soda. By creating your own recipes or working with healthier recipes found online, you can make your SodaStream produce drinks that are actually healthy and delicious at the same time.

Are you ready to discover truly healthy soda? Here are the 5 healthiest SodaStream recipes available online:

1. Pomegranate Soda – 2 tbsp syrup, 8oz carbonated water.

Syrup directions: 1 cup of sugar, 1/2 cup pomegranate juice. In a small saucepan, combine sugar and juice; bring to a boil over high, stirring until sugar has dissolved. Reduce to a simmer; cook, without stirring, until mixture is syrupy, about 2 minutes. It may not be as good for you as eating a raw pomegranate, but this recipe still allows you many of the same health benefits as drinking regular pomegranate juice.

2. Key Lime Soda – 2 tablespoons of syrup in 8oz of carbonated water.

Syrup directions: 2/3 cup lime juice, 2 tsp. lime zest, 2/3 cup water, 1 1/3 cups sugar. Combine all ingredients. Simmer for 5 minutes and cool. Lime is one of the most popular ingredients for SodaStream syrup, and this is one of many recipes you'll find online that allows you to enjoy its freshness while staying healthy.

3. Cream Soda – 2 cups sugar, 1 cup water, 1 tablespoon vanilla extract . Dissolve sugar in water, and then add vanilla. Add 1-1/2 tablespoons vanilla bean syrup to 10 ounces of soda water or to taste. It'll taste slightly different from your favourite commercial cream soda, but it will still be delicious. Few things are better than cream soda. Healthy cream soda is one of them.

4. Blackberry Soda - 1oz [Torani Blackberry syrup](#) in one SodaStream bottle. It's delicious and definitely better for you than anything you're going to make with a regular SodaStream mix.

5. Kiwi Strawberry Soda – 1/2oz [Torani Kiwi syrup](#), 1/2oz [Torani Strawberry syrup](#), in one Sodastream bottle. This may seem like a strange flavour combination every time somebody mentions it, but strawberry kiwi is a great combination. This recipe makes a delicious soda that's far better for you than anything you'll find at the local grocery store.

Conclusion

Making your own soda with the SodaStream machine is fun, simple, cost effective and reduces your impact on the environment. Once you start enjoying these flavours and creating your own

SodaStream recipes, you'll also be able to enjoy the health benefits of giving up commercial soda.