



A Healthy Start With #TheNewSweet of Zevia

Description

[Zevia](#) has been the only soda in our home for many years. Iâ€™ve [reviewed their delicious drinks in the past](#) and explained why it being a healthy treat is not the only thing that makes it so special in our home.

Recently, Avery had her [first try](#) of #TheNewSweet that is Zevia and now we have a small family of Zevia lovers! She literally reaches for the stuff whenever itâ€™s in sight!



So what is â€œ#TheNewSweetâ€• all about? Here are the details directly from the satisfyingly refreshing soda company itself:

Zevia is s naturally sweetened, zero calorie soda in 15 delicious flavors! Theyâ€™ve asked me to put a fresh spin on my old routine in honor of Spring! Get in on the fun on

twitter.com/zevia & instagram.com/zevialife by tagging them & #TheNewSweet. Head to the gallery to peep the party! [Zevia.com/TheNewSweet](https://zevia.com/TheNewSweet)

Here in Texas, Spring turns into Summer in an instant, which means it gets a little warm. And by “warm” I mean VERY HOT! With Avery running around and keeping active indoors and out, she needs to stay hydrated with plenty of water and energized with nutritious food.

Since she was born, we’ve only given her healthy food I made and she will eat steamed veggies without a fuss—usually (she’s still a toddler!). Carrots are viewed as a treat to her and I’m proud at how well she does when it comes to eating healthy.

Thanks to my wife, she still gets the unbeatable breast milk to drink as well as water. But now, after playing outside and needing a nice treat, I’ve started sharing a Zevia with her. Since Avery just started having liquids other than breast milk and water, we never had a routine to give a “fresh spin” to, instead this is *the* routine.

So far she’s tried their Grape and Strawberry sodas as well as their brand new [Tonic Water](#). It’s a great way to make a healthy adult beverage or something fun for the kids. Like, for instance, mixing with another flavor like Strawberry because we all know how fun it is to mix things!



At least it is in this house. Avery has been loving this combo lately. Just a 50/50 mix and some ice and you’re good to go.

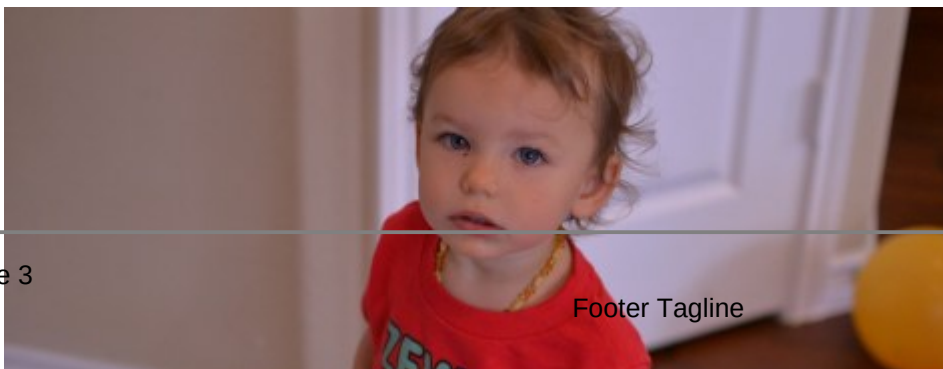


No one wants to spend too much time inside when it's nice outside, so I prefer to keep it simple. Of course, on a rainy day, Zevia has [plenty of recipes](#) to try on their site.

And it's not just drinks, you can bake with it for a healthy treat to eat too! I even have a recipe for [Cherry Cola Protein Bread](#) I suggest you try. Just make sure you top off everyone's drinks before using the last can!



From Spring right into Summer, we'll be keeping healthy and happy with #TheNewSweet of Zevia. So when Avery is giving me 'the look'!



Before Zevia

â€¦I know itâ€™s time for a healthy treat like Zevia to keep things cool and calm. Judging from her cheeky grin, Iâ€™d say itâ€™s working!



After Zevia

Donâ€™t forget to show how youâ€™re enjoying #TheNewSweet of Zevia and share it on Instagram and Twitter using the hashtag! Make sure to check back here soon to read my review of Zeviaâ€™s new Tonic Water and a chance to win free Zevia for yourself and your familyâ€¦if you want to share! ðŸ™,

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