

Pomegranate Fizz

8 SERVINGS, ABOUT 1 CUP EACH



Ingredients:

2 cups pomegranate juice cocktail
(contains sugar)
1/2 cup pomegranate seeds
4 cups plain sparkling water
(seltzer or sodium-free
club soda)
3 limes (1 for garnish)
8 ice cubes

Directions:

1. In a large pitcher, mix pomegranate juice cocktail and seeds, sparkling water, juice of 2 limes and 8 ice cubes.
2. Pour into glasses and garnish with a lime wedge and mint leaves, if desired.

Options:

To further reduce sugar content, use 100% pomegranate juice.

Remember, if you make this drink with juice cocktail, limit your intake to one serving to avoid extra sugar and extra calories.

Per Serving: 49 Calories; 0 gram Total fat; 4 mg Sodium
1 serving = 1/4 cup fruit