

LiveWell

## Non-alcoholic sangria

Yield: 6 servings



### Ingredients:

- 1/4 cup fresh mint leaves
- 1 1/2 cups 100% cranberry juice
- 1 orange
- 1 8-ounce can of pineapple tidbits packed in 100% juice
- 3/4 cup pomegranate seeds
- 24 ounces (2 cans) ginger beer, chilled

### Directions:

1. Place fresh mint and cranberry juice in a large pitcher.
2. Gently mash mint with a spoon or a muddler. Cut orange into half-moon slices.
3. Add pineapple and juice, orange slices, and pomegranate seeds to pitcher and stir together.
4. Chill pitcher in refrigerator for 30-60 minutes to allow flavors to combine.
5. Add ginger beer to pitcher and serve sangria over ice.

### Nutrition information per serving:

Calories: 129	Carbohydrates: 33 grams	Food exchanges:
Fat: 0.5 grams	Fiber: 2 grams	1 carbohydrate
Saturated fat: 0 grams	Protein: 1 gram	2 fruit
Cholesterol: 0 mg		
Sodium: 15 mg		

For a demo of this recipe, and for more wellness information, visit [henryford.com/recipes](https://henryford.com/recipes)