



## Orange Pomegranate Spritzer

This is a fun, flavorful alternative to soda. Try any of your favorite fruits in this spritzer! You can make the base far in advance, but don't add the club soda until ready to serve.

<u>U.S.</u>		<u>Metric</u>
2 medium	Orange, fresh	2 medium
1/4 cup	Granulated Sugar	113.4 g
2 sprigs	Fresh Mint	2 sprigs
1 each	Lime	1 each
1 cup	Pomegranate Juice, 100%	226.8 g
1 liter	Club Soda	1 liter

### Preparation:

1. Gather all ingredients and equipment.
2. Cut the orange into 8 pieces. Squeeze the oranges and drop in the bottom of a pitcher. (Satsumas work well, also!)
3. Pull the mint leaves from the stem and add them to the pitcher. Discard the stem.
4. Cut the lime into 8 pieces. Squeeze the lime juice into the pitcher, then add the limes to the pitcher.
5. Add the sugar to the pitcher and muddle, or mush, together the orange, mint, lime and sugar until the orange and mint are broken up well.
6. Add the pomegranate juice and club soda to the pitcher, stir and serve. (NOTE: Open the club soda very slowly and gradually to avoid it pouring over the sides.)
7. Serve chilled or over ice, pouring a little orange and mint in each of the glasses. Or, garnish with a sprig of mint.

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### Nutrition Facts

<b>Serving size</b>	<b>8 oz</b>
<b>Servings</b>	<b>6</b>
<b>Calories</b>	70
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	37 mg
Carbohydrates	18 g
Dietary Fiber	2 g
Sugars	15 g
Protein	0 g
Vitamin A	15 %
Calcium	4 %
Vitamin C	60 %
Iron	1 %