



Pomegranate Spritzer

This is a fun, flavorful alternative to soda.

U.S.

1 each (1 cup seeds)	Pomegranate, seeds removed
1 each	Lime, juiced
1 cup	Pomegranate Juice, 100%
1 liter	Club Soda

Metric

1 each (226.8 g)
1 each
236.6 ml
1 liter

Preparation:

1. Gather all ingredients and equipment.
2. Place the pomegranate seeds, lime juice and pomegranate juice in a pitcher or punch bowl.
3. Add the club soda to the pitcher, stir and serve. (NOTE: Open the club soda very slowly and gradually to avoid it pouring over the sides.)
4. Pour the mixture into iced glasses, making sure to spoon some pomegranate seeds into each container

Nutrition Facts

Serving size 1 cup
Servings 6

Calories 100
 Calories from Fat 0

Total Fat 0 g
 Saturated Fat 0 g
 Trans Fat 0 g
 Monounsaturated Fat 0 g
 Cholesterol 0 mg
 Sodium 8 mg
 Carbohydrates 26 g
 Dietary Fiber 1 g
 Sugars 21 g
 Protein 0 g

Vitamin A 0 %
 Calcium 0 %
 Vitamin C 4 %
 Iron 0 %
 Phosphorus 0 mg
