

Pomegranate Sunrise Mocktail

Carla Hall

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*1 teaspoon fresh lime juice
1 cardamom pod (or
generous pinch of ground
cardamom)
4 ounces brewed
pomegranate tea, cooled
1 heaping teaspoon
pomegranate molasses
chilled club soda (for
topping)
lime wheel (for topping)*

Place the lime uice and cardamom pod in the bottom of a cocktail shaker. Crush the pod with the handle of a wooden spoon (if using ground cardamom, just mix together with the lime juice).

Add the brewed tea, pomegranate molasses and a few ice cubes to the shaker. Shake well for 15 seconds.

Fill a tall glass with ice. Strain in the tea mixture.

Top with club soda.

Garnish with a lime wheel.

Per Serving (excluding unknown items): 1 Calories; trace Fat (2.3% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.