
Sangria II

Mary An frechette

Nettles Island Cooking in Paradise - 2014

Servings: 2

1/2 cup cranberry-pomegranate juice (freeze into ice cubes)

1 cup white grape juice

1/2 cup cranberry-pomegranate juice

1 orange, sliced

1/2 lemon, sliced

2 tablespoons white rum

Pour 1/2 cup of cranberry-pomegranate juice into an ice cube tray and freeze.

In a bowl, combine the white grape juice, 1/2 cup cranberry-pomegranate juice and the orange and lemon slices.

Chill for 30 minutes.

Remove the orange and lemon slices.

Divide the ice cubes between two glasses and add the juice mixture. Add the rum.

Beverages

Per Serving (excluding unknown items): 66 Calories; trace Fat (2.6% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.