

Pomegranate-Rosemary Shrub (non-alcoholic)

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Yield: 8 cups

1 cup water

1/2 cup sugar

4 fresh rosemary sprigs

6 cups rosemary-pomegranate juice

1/2 cup red wine vinegar

4 whole allspice

fresh rosemary sprigs (for garnish)
(optional)

orange slices (for garnish) (optional)

Preparation Time: 20 minutes

For the rosemary simple syrup: In a small saucepan, combine the water, sugar and rosemary. Bring to a boil, stirring, to dissolve the sugar. Remove from the heat. Let steep for one to two hours.

In a large saucepan, stir together the rosemary simple syrup, cranberry-pomegranate juice, vinegar and allspice. Heat over medium heat until warm. Using a slotted spoon, discard the rosemary and allspice.

If desired, garnish with additional fresh rosemary sprigs and orange slices.

Per Serving (excluding unknown items): 413 Calories; trace Fat (0.7% calories from fat); trace Protein; 108g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 7 Other Carbohydrates.