

Beverage

Easy Sangria

Dash Magazine - July 2011

Sangria is best made a few hours in advance to give the fruit time to marinate.

4 cups dry red wine

3/4 cup brandy

1/2 cup orange liqueur

1/2 cup sugar

1/4 cup fresh lemon juice

1/8 cup fresh lime juice

sugar (to taste)

2 oranges, thinly sliced

1 lemon, thinly sliced

1 apple, cut in wedges

2 peaches, cut in wedges

1 cup club soda or seltzer water, chilled

In a large pitcher, combine the red wine, brandy and orange liqueur.

Stir in the sugar, lemon juice and lime juice.

taste and add extra sugar as needed.

Add the orange slices, lemon slices, apple wedges and peach wedges.

Cover and chill.

Add the chilled club soda or seltzer water just before serving.

Per Serving (excluding unknown items): 2222 Calories; 1g Fat (1.0% calories from fat); 7g Protein; 242g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 610mg Sodium. Exchanges: 5 1/2 Fruit; 6 1/2 Other Carbohydrates.