Cran-Cherry Mocktail

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6 fresh, frozen, thawed cherries, pitted 3 mint leaves 3 ounces cranberry juice 1 ounce simple syrup 1/2 ounce fresh lemon juice 1 lemon wheel (for garnish) (optional) pitted cherries (for garnish) (optional) mint leaves (for garnish) (optional) In a highball glass, muddle the cherries and mint.

Add the ice, cranberry juice, simple syrup and lemon juice.

Stir well.

Garnish with additionsl cherries, mint leaves and lemon wheel.

Per Serving (excluding unknown items): 86 Calories; trace Fat (0.8% calories from fat); trace Protein; 22g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 1 Fruit; 1/2 Other Carbohydrates.