

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Cran-Pom Spritzer

Serves 4

Ring in the New Year with this non-alcoholic sparkling spicy drink that's loaded with antioxidants. You can always swap the seltzer water for champagne. Cheers!

- 1 (3-inch) cinnamon stick
- 2 cups bottled cranberry-pomegranate juice drink
- ½ - inch piece fresh ginger, peeled and cut into thin slices
- 1 tablespoon honey or agave nectar
- 1 tablespoon fresh lime juice

- 2 cups pomegranate seltzer water, chilled
- Fresh pomegranate seeds garnish (optional)

Directions:

1. Combine cinnamon stick, juice drink, ginger slices and honey in a medium sauce pan and bring to a simmer bring to a simmer. Cover and cook over low heat 15 minutes. Discard cinnamon sticks and ginger slices. Stir in lime juice. Chill.
2. Serve ½ cup juice drink with ½ cup seltzer water. Garnish with pomegranate seeds if desired.

Nutritional Information per Serving:

Calories: 76	Carbohydrates: 19g
Total Fat: 0g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 0g
Protein: 0g	Sodium: 17mg