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