

Pomegranate Sangria with Fresh Raspberry and Lime

Yield: 10 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, swap honey for maple syrup

Ingredients

2 cups kombucha
2 cups pomegranate juice
½ cup lime juice
¼ cup apple cider vinegar
¼ cup honey
Pinch of salt
Ice
4 cups tonic water
Lime, halved and thinly sliced
2 cups raspberries, fresh

Directions

1. In a pitcher or large sealable container, stir together the kombucha (2 cups), pomegranate juice (2 cups), lime juice (½ cup), apple cider vinegar (¼ cup), honey (¼ cup), and a pinch of salt to make the sangria.
2. Place a few ice cubes in cocktail glasses. Fill halfway with the sangria.
3. Top off each cocktail glass with tonic water until about ¾ full.
4. Top each glass with a few raspberries and a lime slice.



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Nutrition Facts

Serving size 1 (8.7oz)

Amount Per Serving **246 g**

Calories **103**

% Daily Value

Total Fat 0.3g **1%**

Saturated Fat 0g **0%**

Cholesterol **0%**

Sodium 251mg **10%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 23g

Protein 0g **1%**

Vitamin A **0%**

Vitamin C **20%**

Calcium **2%**

Iron **2%**