

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% |