

Side | Snack

Pomegranate Spritz

Side Effect: Dry Mouth

5 Mins
Prep Time

0 Mins
Cook Time

1
Servings

163 Calories **1g Fat** **39g Carbs** **1g Protein**



Ingredients

1 Serving **5 Mins Total Time** **Allergens: None**

2 Tsp Ginger Paste

4 Mint Leaves, washed

½ Cup Pomegranate Juice

½ Cup Sparkling Water

2 Tbsp Lime Juice

1 Tbsp Grenadine Syrup

Ice

Nourishment Note



Pomegranate Juice

Pomegranate juice is incredibly high in antioxidants and may be beneficial in protecting healthy cells.



Ginger

Ginger is a great spice to use in recipes not only for its flavor, but it also may help reduce inflammation and minimize stomach pain or nausea.



Juice

Moist foods, like juices, are often easier to swallow, making them a good choice when dealing with dry mouth.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Muddle

In a tall glass, muddle ginger and mint.

3. Stir

Add the pomegranate juice, sparkling water, lime juice and grenadine. Stir well.

4. Enjoy!

Add ice. Enjoy within 2 hours. Spritz will keep well in the fridge for up to 3 days, but the carbonation will fade.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Chef, Chad Beuter.

What You'll Need



Cutting Board



Knife



Muddler



Tall Glass



Measuring Spoons