

# Virgin White Sangria

*Indulge in the refreshing flavors of our Virgin White Sangria recipe. This alcohol-free twist on classic beverage features a delightful blend of crisp fruits and aromatic herbs, creating a per mocktail for any occasion.*



Preparation 5 min

Cooking 0 min

Servings 8

Nutrition Facts (per serving)

Calories 95 kcal

Fat 0 g

Carbohydrates 25 g

Fibre 2 g

Protein 1 g

Sodium 20 mg

- 125 ml (½ cup) pomegranate arils

## Preparation

- Ice cubes, to serve
  - 1 L (4 cups) carbonated water
1. Mix the apple juice with the fruit in a large pitcher.
  2. To serve, pour the juice and fruit mixture into glasses, and add an equal amount of sparkling water.
- Note:** Pomegranate arils can be purchased in the frozen food section. Pomegranate arils can be replaced with any of the berries in the recipe (raspberries, blueberries, strawberries...).



Katrina Dagle – Nutritionniste / Dietetiste à Ottawa et en ligne

Registered Dietitian Nutritionist Ottawa