

Blood Orange Pomegranate Spritzer

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



Nutritional Bonus: Famous for its stores of immune-boosting, free-radical-fighting vitamin C, the orange is also a good source of thiamine, folic acid and vitamin B₆, which keep nerve cells healthy, repair assorted chemical serotonin, create the feel-good chemical serotonin, respectively. Plus, both oranges and pomegranates are rich in potassium, an essential mineral needed to regulate water balance, blood pressure and muscle and nerve cell function.



ONE: Divide mint leaves between 4 glasses. Using a spoon, lightly bruise leaves in bottom of each glass. Fill glasses with ice. **TWO:** In a pitcher, stir together orange juice, pomegranate juice and stevia. Add sparkling water and stir gently to combine. Divide spritzer mixture evenly among 4 glasses. Serve immediately.

INSTRUCTIONS:

FOLD LINE

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BLOOD ORANGE POMEGRANATE SPRITZER

Serves 4. Hands-on time: 10 minutes. Total time: 10 minutes.



INGREDIENTS:

- 24 fresh spearmint leaves
- Ice (enough to fill 4 glasses)
- ¾ cup fresh-squeezed blood orange juice, strained
- ½ cup bottled 100% pomegranate juice
- 2 packets powdered stevia
- 2 cups sparkling water

Nutrients per 6½-oz serving: Calories: 41, Total Fat: 0.25 g, Sat. Fat: 0 g, Carbs: 9 g, Fiber: 0.5 g, Sugars: 7 g, Protein: 0.5 g, Sodium: 5 mg, Cholesterol: 0 mg

