

RECIPE CARD

FRUITY SPARKLER SPRITZER

YIELD
4 SERVINGS

TOTAL TIME
5 MINUTES

Nutrition Facts

5 servings per container
Serving size 1 cup with fruit
skewer

Amount per serving

Calories 100

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 23g 8%

Dietary Fiber 2g 7%

Total Sugars 21g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 0mg 0%

Potassium 323mg 6%



INGREDIENTS:

- 2 cups pomegranate juice
- 2 cups spritzer
- 1 1/2 cups mixed fruit (blackberries, strawberries, grapes, melon, etc.)
- skewers

DIRECTIONS:

1. Rinse and prepare fruit.
2. In a pitcher, combine the pomegranate juice, sparkling water, and 1/2 of the mixed fruit.
3. Place 1 to 2 trays of ice cubes in pitcher.
4. Use the other half of the fruit to make skewer fireworks.
5. Pour drink into 4 glasses and top each with a firework skewer.
6. Cheers!

