



Classic Virgin Sangria

1 serving

2 minutes

Ingredients

- 1 tsp Maple Syrup
- 1/4 Lemon (juiced, plus slices for garnish)
- 1/4 cup Frozen Berries
- 2 Ice Cubes
- 89 milliliters Cranberry Juice
- 59 milliliters Soda Water

Nutrition

Amount per serving	
Calories	84
Fat	0g
Saturated	0g
Carbs	22g
Fiber	1g
Sugar	19g
Protein	1g
Cholesterol	0mg
Sodium	15mg
Potassium	157mg
Vitamin A	43IU
Vitamin C	23mg
Calcium	25mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Folate	3µg
Vitamin B12	0µg
Magnesium	8mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Add all of the ingredients into a glass and stir to combine. Garnish with lemon slices, if using. Enjoy!

Notes

Leftovers: Refrigerate leftovers in a pitcher for up to two days. To ensure a fizzy drink, add more soda water just before serving.

Serving Size: One serving is roughly 9 fl oz or 266 mL.

More Flavor: Add orange juice.

Additional Toppings: Add any in-season fruit.

No Cranberry Juice: Use any juice of choice.