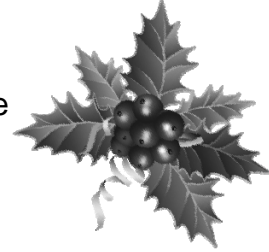


Cranberry-Pomegranate Fizz

A light beginning to a special meal!

Note: The syrup must be made ahead of time (up to 3 days), but this makes for easy prep on the day you plan to serve it!

- ¼ c. fresh mint leaves
- 4 c. diet OR reduced-calorie OR regular cranberry-pomegranate juice
- ¼ c. Splenda OR sugar
- Ice
- 1 2-liter bottle diet OR regular lemon-lime soda or ginger ale



1. Place mint leaves in a pitcher. Use a wooden spoon to bruise leaves.
2. Add juice and Splenda (or sugar); stir to dissolve.
3. Cover and chill for 8 to 24 hours.
4. Use slotted spoon or strainer to remove mint leaves; discard. (May store syrup for up to 48 more hours following removal of mint leaves.)
5. For each serving, fill glass with ice. Pour ¼ c. juice syrup mixture over ice. Top with carbonated beverage (about ½ c.)

Yield: 16 servings (6 oz. each)

Nutritional Information: Per serving:

	Diet juice, diet carbonated beverage, Splenda	Reduced-calorie juice, diet carbonated beverage, Splenda	Regular juice, regular carbonated beverage, sugar
Calories:	3	12	43
Total Fat:	0 g	0 g	0 g
Cholesterol:	0 mg	0 mg	0 mg
Carbohydrates:	2 g	3 g	10 g
Protein:	0 g	0 g	0 g
Sodium:	13 mg	9 mg	10 mg