

Holiday Sangria

4 cups light cranberry juice	1 cinnamon stick
1 cup orange juice	1/2 cup pomegranate seeds
3 cups club soda	1 apple, sliced
1/2-1 packet (3.2 oz.) low calorie cherry pomegranate mix	1 cup red grapes, cut in half

Instructions: In a large pitcher, stir all ingredients together. Refrigerate at least 1 hour before serving.

Yield: 8 servings

Nutrition Facts (per serving): 70 calories, 0 grams fat, 40 milligrams sodium, 9 grams carbohydrate, 0 grams fiber, 0 grams protein