

Side | Snack

# Pomegranate Spritz

Side Effect: Dry Mouth

**5 Mins**  
Prep Time

**0 Mins**  
Cook Time

**1**  
Servings

 **163** Calories **1g** Fat **39g** Carbs **1g** Protein



## Ingredients

 **1** Serving  **5 Mins** Total Time  **Allergens: None**

**2 Tsp** Ginger Paste 

**4** Mint Leaves, **washed**

**½ Cup** Pomegranate Juice 

**½ Cup** Sparkling Water

**2 Tbsp** Lime Juice

**1 Tbsp** Grenadine Syrup

Ice



### **Pomegranate Juice**

Pomegranate juice is incredibly high in antioxidants and may be beneficial in protecting healthy cells.



### **Ginger**

Ginger is a great spice to use in recipes not only for its flavor, but it also may help reduce inflammation and minimize stomach pain or nausea.



### **Juice**

Moist foods, like juices, are often easier to swallow, making them a good choice when dealing with dry mouth.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Muddle

In a tall glass, muddle ginger and mint.

### 3. Stir

Add the pomegranate juice, sparkling water, lime juice and grenadine. Stir well.

### 4. Enjoy!

Add Ice. Enjoy within 2 hours. Spritz will keep well in the fridge for up to 3 days, but the carbonation will fade.

### 5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Cutting Board



Knife



Muddler



Tall Glass



Measuring Spoons