

# CRAN-APPLE BERRY SANGRIA



SERVES  
2



PREP  
10 mins

## INGREDIENTS

1/2 cup Cranberry Juice  
1/2 cup Apple Juice  
1/4 cup Honey Simple Syrup – *see below*  
1 ounce Fresh Lime Juice from 1-2 limes  
1 cup Sparkling Water  
1/2 cup Berries  
Lime Wedges, Mint Sprigs or Edible  
Flowers for garnish (optional)

### Honey Simple Syrup

Combine 1 cup honey and 1 cup water in a small saucepan and heat over low heat. Stir until honey dissolves. Let cool. Store in airtight container in fridge for up to 1 month.

## INSTRUCTIONS

1. Combine all the ingredients into a small pitcher or large measuring cup.
2. Stir to combine.
3. Pour equally into two wine glasses.
4. Add equal amounts of fruit to each glass.
5. Serve with garnish.

### Notes:

- Any berries will work: strawberries, blueberries, blackberries, raspberries.
- For a healthier choice, use pure fruit juices rather than juice from concentrate or with added sugar.

