

Pomegranate Ginger Grove Mocktail

Serves 4

Prep: 5 mins. | Total: 2 hrs. 5 mins.

Ingredients

- 1 tsp ginger root, grated
- 1 lemon, sliced
- 2 cups pomegranate juice
- 4 cloves, whole
- 4 cups sparkling water
- 4 sprigs mint leaves
- 1/4 cups pomegranate seeds

Per serving:

84 calories

20g carbohydrates

1g total fat

1g protein



Prep

1. Grate ginger
2. Slice lemon

Make

1. Place pomegranate juice, two lemon slices, ginger, and cloves in a glass jar and refrigerate for at least 2 hours to infuse.
2. Strain the mixture into a fresh glass jar.
3. Fill 4 glasses with ice and pour equal amounts of strained juice into each serving glass and top with sparkling water. Stir gently.
4. Add lemon slices, pomegranate seeds, and mint sprigs just before serving.