



# Sparkling Sweet Berry Mocktail

Serves: 6-8

## INGREDIENTS:

- 1 cup mixed winter berries (such as cranberries, raspberries and blackberries)
- 1/4 cup fresh pomegranate seeds
  - 1/4 cup blueberries
  - 1 tablespoon honey or maple syrup (adjust to taste)
  - 1 cup 100% cranberry juice
- 1 cup 100% pomegranate juice
  - 2 cups sparkling water (or club soda)
    - Ice cubes
- Fresh mint leaves for garnish



## DIRECTIONS:

1. **Prepare the Berries:** Wash the berries thoroughly. If using cranberries, you may want to briefly simmer them in a pot with a little water and sugar until they burst to reduce their tartness. Let them cool.
2. **Make the Berry Puree:** In a blender, combine the mixed winter berries, pomegranate seeds, blueberries, and honey or maple syrup. Blend until smooth. If needed, you can strain the puree to remove seeds for a smoother texture.
3. **Mix the Mocktail:** In a large pitcher, combine the berry puree, cranberry juice, and pomegranate juice. Stir well to combine.
4. **Pour over Ice:** Fill glasses with ice cubes. Pour the berry mixture over the ice, leaving some space at the top.
5. **Add Sparkle and Garnish:** Top each glass with sparkling water or club soda. Garnish with fresh mint leaves for a burst of aroma and a festive touch.
6. **Serve and Enjoy:** Stir gently before drinking to mix the flavors. Serve immediately and enjoy your sparkling winter berry holiday mocktail!

*This recipe has been reviewed by board certified Lifestyle Medicine dietitians to ensure nutritional value and alignment with evidence-based healthy eating principles.*

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