CRANBERRY - POMEGRANATE & GREEN TEA HOLIDAY SPRITZER

Makes 4 servings - 8 oz

INGREDIENTS

Unsweetened Pomegranate Juice 32 oz
Sparkling Water 16 oz
Green Tea, steeped and cooled 16 oz
Sprigs Fresh Rosemary 5 oz
Fresh Cranberries 3/4 cup

DIRECTIONS

If you like, you can start by making festive ice cubes! Distribute 1 sprig of rosemary into an ice cube tray, and fill each cube with 1-3 cranberries. Fill the tray with water and place in the freezer until frozen – I left mine in overnight.

Rosemary is a good source of iron, calcium, and vitamin B6. It has anti-inflammatory properties and is believed to aid digestion, improve memory, and possibly prevent the aging of your brain.

Cranberries are widely used to treat urinary tract infections. They are also believed to relieve skin conditions, fight heart disease, and even prevent certain cancers.

Green tea has anti-viral and anti-bacterial properties and has been shown to stop the spreading of many diseases. It helps prevent heart disease and diabetes, and is thought to delay the deterioration that is caused by Parkinson's and Alzheimer's.

Pomegranates are a wonderful source of fiber, and can control cholesterol, rid the mouth of plaque, and help prevent arthritis.