Pomegranate & Mint Sparkler

Jewelled and celebratory, with seeds bobbing in the glass.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
6 min	**0 min**	**6 min**	**2**	**EASY**

Ingredients

- 200 ml pomegranate juice
- 3 tbsp pomegranate seeds
- 1 handful fresh mint
- 400 ml sparkling water (chilled)
- 1 lime
- ice, to serve

Method

1. Press the mint leaves against the base of a jug with the back of a spoon to bruise them.
2. Add the pomegranate juice and the juice of the lime, and stir.
3. Fill two glasses with ice, divide the mixture between them and top up with sparkling water.
4. Spoon the pomegranate seeds in last so they sit suspended in the glass.

Tips & swaps

- The seeds are what make this look like a proper drink rather than squash. Halve the pomegranate and knock the back with a wooden spoon to release them quickly.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
70	**0g**	**17g**	**0g**	**1g**

Estimated values, for guidance only.