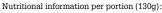


Non-alcoholic Sangria

Sangria is a fruity drink, usually made with red wine and orange juice, traditionally drunk in Spain and Portugal. This is a refreshing non-alcoholic version using fruit juices – great for quenching your thirst.









of an adult's reference intake. Typical values per 100g: energy 168kJ/40kcal.

Equipment

Sharp knife Chopping board Juice squeezer Large jug or pitcher Measuring jug Colander Spoon

Ingredients

Serves 20 (makes 2.5 litres) 1 lime

- 1 litre red grape juice
- 250ml pink grapefruit juice
- 250ml orange juice
- 1 orange
- 15-20 seedless grapes

1 litre sparkling water (chilled)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Method

- 1. Slice the lime in half, squeeze the juice and pour into the jug or pitcher.
- 2. Add the red grape juice, pink grapefruit juice and orange juice to your jug or pitcher.
- 3. Put the pitcher of juice in the fridge to chill while you prepare the fruit to go in your sangria.
- Cut the orange into thin ¹/₂cm slices (leave the peel on).
- 5. Wash the grapes and remove from the stalks. Slice each grape in half.
- 6. Add the prepared fruit and the chilled sparkling water to the fruit juice mixture that you made earlier.
- Give the Non-alcoholic Sangria a stir and it is ready to serve.

Top Tip

 Add a few ice cubes to keep your sangria chilled.

Something to try next time

 You could add an apple sliced into ½cm thick wedges, 10 halved medium-sized strawberries or a lemon cut into thin ½cm slices.



Washing, measuring, chopping, squeezing, mixing/combining and serving.



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