

PASSION FRUIT SANGRIA



Passion fruit is very low in saturated fat, cholesterol and sodium. It is also a good source of Riboflavin, Niacin & Potassium, and a very good source of Vitamins A and C.

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| 2 bottles dry white wine | 2 cups fresh orange juice |
| ¾ cup of brandy | 3 oranges, sliced into thin rounds |
| ½ cup Triple Sec | 3 green apples, cored and sliced thinly |
| ¾ cup of simple syrup | 2 lemons, sliced into thin rounds |
| ¾ cup passion fruit puree | 1 cup blackberries, washed and sliced in half |
| ¼ cup pomegranate puree | |

Combine above ingredients in a large pitcher. Cover and refrigerate for a minimum of two hours. For maximum flavor, refrigerate overnight.

Serve over ice. Add extra fruit as a garnish.

Yield: 1 gallon
Nutritional information: 185 calories per 8oz serving



BROWARD HEALTH
Imperial Point Medical Center

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