BetterBody Foods

Cranberry Sparkling Punch

Prep: 5 min Cook: 0 min Total: 5 min Servings: 8

Calories: 39 Fat: 0g Protein: 0g Carbs: 9g Fiber: 0g

Ingredients

- 2 cups unsweetened 100% cranberry juice
- 1 Tbsp BBF Golden Monk Fruit Blend
- 2 cups unsweetened 100% apple cider
- 3-4 cups sparkling water
- For garnish: fresh cranberries, orange slices, lemon slices, and a few springs of fresh rosemary or cinnamon sticks
- Ice

Directions

1. In a large pitcher or punch bowl, combine the cranberry juice, apple cider, and BBF Monk Fruit Sweetener. Stir well until the sweetener is fully dissolved.
2. Add a few orange slices, cinnamon sticks, and fresh cranberries. Refrigerate the mixture for at least 30 minutes to allow the flavors to meld. (The longer it chills, the more spiced and fruity it becomes.)
3. Just before serving, gently pour in the chilled sparkling water. Stir carefully to incorporate without losing the fizz.
4. Fill glasses with ice. Pour the punch into each glass, then garnish with a rosemary sprig, a cinnamon stick, and a few additional fresh cranberries or citrus slices.
5. Enjoy your Cranberry Sparkling Punch!