

# **Sangria**

Courtesy of Carole's Creations

Prep Time: 5 minutes

Chill Time: at least 1 hour

Makes 2 quarts

**CChints:** This is a simple Sangria that can be made with a red or white wine and has a lot less carbs. This should be made hours ahead and put in the refrigerator to chill and allow the flavors to blend.

Half of a 1 liter of diet Sprite or diet Ginger Ale

Pick 2 to 3 of the below fruits or about 1 cup of a mixture of fruits, chopped. You want them large enough so the pieces do not go into the drinks but are there to add flavor.

1 lemon, sliced into 1/4 inch rings and seeded

1 small apple, cored and cut into wedges

1 banana, peeled and cut into 1/2 inch slices

1 nectarine or peach, seeded and sliced

1 cup strawberries, cut in half

750 ML of Merlot or Cabernet red wine or for white sangria use a Pinto Grigio or Reisling

1 small jar of maraschino cherries, drained

In a 2 quart pitcher add the soda and the fruit. Fill the rest of the pitcher with wine and gently stir. Cover and refrigerate until chilled. If you are in a hurry, you can serve it over crushed ice.

Garnish each glass with a cherry or lemon or lime wedge.

Caroleicious!