

Cranberry Orange Mocktail

Prep Time5 minsTotal Time5 minsMeal TypeSnack,SideContributed BySourceSourceLiving Plate Teaching KitchenServings1



Ingredients

lb,c g,ml

- 2 Tbs orange juice, freshly squeezed
- 1 tsp ginger root, grated
- 1/2 cup sparkling water
- 1/4 cup cranberry juice
- 2 Tbs ginger beer
- 1 tsp crystallized ginger
- 2 tsp sugar

Directions

Prep

1. Squeeze orange for juice and grate fresh ginger [if you freeze the ginger ahead of time it will be easier to grate].

Make

- 1. Add crystallized ginger to a small food processor with sugar and process until combined. Add to a small plate.
- 2. Run the quartered orange around the rim of the glass and dip into the ginger/sugar mixture.
- 3. Add ice to the glass then add sparkling water, cranberry juice, orange juice, and ginger.
- 4. Top off with ginger beer. Garnish with fresh rosemary and cranberries.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet.
		Total Fat 0.2g	0%	Total Carbohydrates 26g	8%	
		Saturated Fat 0.0g	0%	Dietary Fiber 0g	0%	
		Trans Fat 0.0g		Total Sugars 24g		
Calories per serving	103	Cholesterol 0mg	0%			2,000 calories a day is used for general nutrition advice.
		Sodium 8mg	0%	Protein 0g		
		Vitamin D 0mcg 0% · Calcium 33mg 3% · Iron 0mg 1% · Potassium 122mg 2%				

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