



# Mock Sangria

This nonalcoholic drink is filled with vitamins.

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Did you ever think a sangria recipe would qualify as health content? At first, it may seem shocking, but this recipe is packed with fruits and fruit juices, making for a vitamin- and oxidant-rich beverage.

Servings: 4 / Ingredients: 9 / Prep: 15 minutes

## Ingredients

- 1 cup grape juice
- $\frac{3}{4}$  cup sparkling apple cider
- $\frac{1}{2}$  cup orange juice
- 1 cup sparkling water
- 2 tablespoons agave nectar
- 1 orange, sliced
- 1 lemon, sliced
- 1 lime, sliced
- 1 pomegranate, seeds and juice

## Directions

1. In a large pitcher, combine the grape juice, sparkling apple cider, orange juice, sparkling water and agave.
2. Add the orange, lemon, lime and pomegranate juice and seeds to the mixture. Let the fruit sit in the juice for at least one hour.
3. Serve over ice and garnish with the fruit.

Nutrition Facts (per serving)

Calories: 184; fat: 1 g; carbohydrates: 46 g; sugar: 37 g; fiber: 5 g; protein: 2 g; sodium: 18 mg

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