

# Non-alcoholic Sangria

Sangria is a fruity drink, usually made with red wine and orange juice, traditionally drunk in Spain and Portugal. This is a refreshing non-alcoholic version using fruit juices – great for quenching your thirst.



Nutritional information per portion (130g):

Energy	Fat	Saturates	Sugars	Salt
218kJ 52kcal 3%	<0.5g 0%	<0.1g 0%	8.6g 10%	<0.01g 0%

of an adult's reference intake.  
Typical values per 100g: energy 168kJ/40kcal.

## Equipment

Sharp knife  
Chopping board  
Juice squeezer  
Large jug or pitcher  
Measuring jug  
Colander  
Spoon

## Ingredients

**Serves 20 (makes 2.5 litres)**

1 lime  
1 litre red grape juice  
250ml pink grapefruit juice  
250ml orange juice  
1 orange  
15-20 seedless grapes  
1 litre sparkling water (chilled)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Method

1. Slice the lime in half, squeeze the juice and pour into the jug or pitcher.
2. Add the red grape juice, pink grapefruit juice and orange juice to your jug or pitcher.
3. Put the pitcher of juice in the fridge to chill while you prepare the fruit to go in your sangria.
4. Cut the orange into thin ½cm slices (leave the peel on).
5. Wash the grapes and remove from the stalks. Slice each grape in half.
6. Add the prepared fruit and the chilled sparkling water to the fruit juice mixture that you made earlier.
7. Give the Non-alcoholic Sangria a stir and it is ready to serve.

## Top Tip

- Add a few ice cubes to keep your sangria chilled.

## Something to try next time

- You could add an apple sliced into ½cm thick wedges, 10 halved medium-sized strawberries or a lemon cut into thin ½cm slices.

### Skills used include:

Washing, measuring, chopping, squeezing, mixing/combining and serving.