

THE WINNER!

Citru-Toti by Michaela



Recipe Ingredients

- 1 orange slice
- 2 cinnamon sticks
- 1 piece star anise
- 1 whole clove
- 2 oz lemon juice
- 1 oz honey syrup*
- Martinelli's sparkling apple juice

Recipe Instructions

Gently muddle the orange slice, 1 cinnamon stick and the other spices in a shaker. Add the lemon juice and honey syrup. Shake vigorously. Strain over ice in a tall glass. Top with apple juice. Garnish with a cinnamon stick and orange zest.

Pom Pom Punch

Recipe Ingredients

2 ½ cup pomegranate juice
2 cup seltzer
Lemon twists, for garnish

Recipe Instructions

Combine pomegranate juice, seltzer in a large bowl or pitcher. Serve over ice with a twist of lemon.

Nutrition

Per serving: 128 calories; 0 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 7 g carbohydrates; 0 g protein; 0 g fiber; 5 mg sodium; 72 mg potassium.

Nutrition Bonus: Antioxidants.

Carbohydrate Servings: 1/2

Exchanges: 1/2 fruit

Spiced Cocoa

Recipe Ingredients

4 cups prepared hot cocoa with 1% milk
1/2 teaspoon freshly grated nutmeg
1/2 teaspoon chili powder
4 cinnamon sticks

Recipe Instructions

Preparation

Combine cocoa, nutmeg and chili powder. Pour into mugs and serve with a cinnamon stick.

Nutrition

Per serving: 175 calories; 4 g fat (2 g sat , 1 g mono); 12 mg cholesterol; 30 g carbohydrates; 8 g protein; 1 g fiber; 161 mg sodium; 487 mg potassium.

Nutrition Bonus: Calcium, protein, riboflavin (a B vitamin).

Carbohydrate Servings: 2

Exchanges: 2 other carbohydrate, 1 fat

Sleigh Driver by Duncan

Recipe Ingredients

Ingredients 1 cup water
1/2 cup sugar
1 2-inch piece fresh ginger, peeled and sliced
3 pears, chopped into bite-size pieces, divided
2 quarts apple cider
1 lemon, halved and sliced
1 tablespoon ground allspice
1 cup fresh cranberries
2 tablespoons vanilla extract

Recipe Instructions

Combine water, sugar, ginger and 1 pear in a large saucepan. Bring to a boil over medium-high heat, stirring occasionally. Strain out the solids and return the mixture to the pan.

1. Add the remaining pears, cider, lemon and allspice and heat over medium-high heat, stirring often, for 15 minutes.
2. Add cranberries and vanilla and reduce the heat to medium-low (the liquid should be simmering, not boiling). Let simmer for 10 minutes more. Serve in heat-safe mugs.

Tips & Notes: Let cool, cover and refrigerate for up to 1 day. Reheat on the stovetop over low heat or in the microwave on Medium.

Nutrition 169 calories; 0 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 42 g carbohydrates; 0 g protein; 2 g fiber; 2 mg sodium; 61 mg potassium.

Carbohydrate Servings: 3

Exchanges: 1 fruit, 2 other carbohydrates



RoSeBeRRy FiZzLeR by Maerose



Recipe Ingredients

- 1 1/2 cups raspberry juice
- 3 scoops raspberry sherbet
- 1/2 cup carbonated water

Recipe Instructions

In a blender, combine raspberry juice, raspberry sherbet and carbonated water. Blend until smooth. Pour into glasses and serve.

Orange You Dreaming? by Ethan



Recipe Ingredients

- 1 (12 fluid ounce) can frozen orange juice concentrate
- 2 liters ginger ale soda
- 1 orange, sliced into rounds
- 1 (4 ounce) jar maraschino cherries

Recipe Instructions

1. Empty frozen orange juice into a large pitcher. VERY SLOWLY pour in the ginger ale. It is extremely important that you pour slowly because the soda will foam up and lose its carbonation if poured fast. Gently stir until all of orange juice is melted. Toss in all but 4 of the orange slices.
2. Cut reserved orange slices in half. Pour beverage into 8 glasses and garnish with half slice of orange and a cherry.

Peach Fuzz by John



Recipe Ingredients

4oz Peach Nectar
8oz Sprite
4 ice cubes

Recipe Instructions

Add ice cubes into crystal goblet or large glass
Pour peach nectar
Pour in sprite

Blackberry Sprizzle by John



Recipe Ingredients

4 oz of Blackberry Juice
8 oz of Sprite
4 ice cubes

Recipe Instructions

Place 4 normal size ice cubes into Crystal Goblet
Pour blackberry juice
Add Sprite