

# **Minty Grapefruit Cocktail**

Dash Magazine - February 2012

**Servings: 4**

**1/2 cup sugar**

**1/2 cup water**

**1/4 cup fresh mint sprigs**

**juice of four lemons**

**1 1/2 cups grapefruit juice**

**seltzer water**

**4 mint sprigs (for garnish)**

In a large saucepan, cook the sugar and water over low heat until the sugar dissolves. Set aside to cool for 20 minutes.

When the mixture is cool, add the mint and refrigerate for 6 hours.

Strain out and discard the mint.

Stir in both juices.

Divide among four ice-filled glasses.

Fill each glass to the top with seltzer water.

Garnish with mint sprigs.

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Per Serving (excluding unknown items): 135 Calories; trace Fat (0.6% calories from fat); 1g Protein; 34g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 1 1/2 Other Carbohydrates.