Virgin Bermuda Triangle

Try this three-juice mocktail from Cook for Your Life.

December 13, 2021 By Bob Barnett

Cutting back on alcohol to reduce your cancer risk, but still want to celebrate? Try this three-juice mocktail from Cook for Your Life. In a pitcher, mix together two cups of peach juice, 1 cup of orange juice and ½ cup of pomegranate juice, and then add one cup of sparkling water. (Adding water to citrus juices makes them less sugary and much less acidic, which is gentler on sore mouths and throats.) Pour into glasses and garnish with orange slices and, if desired, fresh mint. Makes six servings. Each serving has 56 calories and 12 grams of sugar.

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