

## Sangria Kitty's Weigh



### Totals for an 8-ounce glass:

Calories 71    Fat 0g    Fiber 1g    Carbs 4g

### *What you'll need:*

- 1 Bottle *chilled* red wine
- 1 Liter of *chilled* diet (zero calorie) ginger ale
- 1 Lemon cut into wedges
- 1 Orange cut into wedges
- 1 Lime cut into wedges
- 1 Small can (approx. one cup) of chopped pineapple packed in water and drained
- 1 Cup fresh strawberries (washed with tops chopped off)
- 2 T sugar substitute (Splenda)

The juice of 1 extra orange

- 1 Large pitcher

### *Let's get to cooking!*

1. Pour wine and ginger ale into your pitcher.
2. Squeeze the juice of all fruit into the pitcher and toss in the wedges once they've been squeezed.
3. Add pineapple, strawberries, Splenda and extra orange juice and stir.
4. Serve over ice and enjoy!

**NOTE:** One ounce of red wine has about 25 calories so eight ounces would have 200 calories. YIKES! If you love wine but not the calories this is a GREAT substitute at less than half the calories!

Another **Kitty's Lighter Weigh** recipe.