

## Metropolitan

by: The Good Mood Diet, Susan Kleiner PhD, RN, with Bob Condor

### Ingredients:

1 red grapefruit, juiced (about 1/4 cup)  
1/2 lemon, juiced  
2 tbsp pomegranate juice  
1/4 cup sparkling water  
crushed ice

### Instructions:

1. Combine grapefruit juice, lemon juice, pomegranate juice, sparkling water.
2. Pour over crushed ice.
3. Enjoy

Serving: 2

### Note:

This can be shake in a Martini Shaker too.

1. Add ice cubes to shaker.
2. Add juices to ice in shaker and shake vigorously.
3. Pour in glass.
4. Add sparkling water
5. Enjoy

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