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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Sangria Blanca**

**By News Canada**

**Sangria Blanca**

**by: News Canada**

1 orange, sliced

1 lemon, sliced

6 tbsp (90 mL) orange liqueur

2 tbsp (30 mL) sugar

1 cup (250 mL) Ocean Spray® White Cranberry Cocktail

1 cup (250 mL) white wine

Sliced citrus fruit and strawberries

Place orange and lemon slices in a large bowl. Add orange liqueur and sugar. Mash and stir with a wooden spoon to release juices and dissolve sugar. Add white cranberry cocktail and wine. Remove fruit slices from mixture, squeezing to release all the juices. Serve in large glasses filled with White Cranberry Rocks\* or ice cubes, slices of citrus fruit and strawberries. Makes 4 servings.

\* White Cranberry Rocks: Fill plastic ice cube trays with Ocean Spray® White Cranberry Cocktail. Freeze. Unmold and store in a plastic bag in the freezer.

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## Sangria Blanca

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### **Sangria Recipe**

**By Stephen Jones**

#### **Sangria Recipe by Stephen Jones**

Sangria is a very popular drink here in Spain. It has a light fruity taste and is great to drink during the day, with a meal and at parties.

There are 2 types of Sangria, red and white. Red is the most popular. Here is our recipe at Charley's Bar.

Half fill a 1 litre jug with ice  
Add chopped or sliced fruit: Orange, Lemon, and Apple  
Add a tablespoon of sugar

Now for the booze:  
Add 3 long dashes of Bacardi, Cointreau and Brandy  
Half or 3/4 fill the jug with Red Wine  
Add a long dash of Orange Juice  
Top with either La Casera, Lemonade, Sprite or 7 up  
Give it a good stir and serve.

For white sangria replace the red wine with white wine and leave out the orange juice.

Some people recommend you chill it overnight.

## Sangria Blanca

I recommend that you drink it straight away.

Enjoy!

Stephen Jones has been making Sangria for 18 years. He is the owner of Charley's Bar and Restaurant situated on the Costa del Sol in Southern Spain.

<http://www.charleysbar.net>

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