
Basic Sangria (Spain)

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Servings: 12

Sangria is a red wine punch that originated in the Rioja region of Spain. This simple recipe is delicious as is, but it also makes a good basis for creating your own unique version. Cognac or rum can be added for extra zip.

2 bottles dry red wine, traditionally red Rioja wine, such as Tempranillo or Grenache

2 tablespoons granulated sugar, or more if needed

2 large oranges, thinly sliced into rounds

2 large lemons, thinly sliced into rounds

2 medium peaches, peeled, pitted and cut into chunks

2 cups club soda

2 large juice of oranges

2 large juice of lemons

ice , for serving

Combine the red wine, sugar, juices, and sliced fruits in a large serving pitcher, mixing well. Refrigerate for several hours, preferably overnight.

Immediately before serving, mix in the club soda.

Pour over ice to serve.

6 Flavors Over Texas

Per Serving (excluding unknown items): 31 Calories; trace Fat (1.8% calories from fat); trace Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 1/2 Fruit; 0 Other Carbohydrates.