Tuscan Sangria

Author: Modified slightly from Food & Wine magazine, Oct. 2007



Notes: Punt e Mes is an imported bittersweet vermouth. It may be hard to find, so just substitute sweet vermouth. The Tuaca, though, is a must. It's a vanilla-scented liqueur.

1. Combine all the liquid ingredients (except the 7-up) and chill together before serving.
2. Add the 7-up, stir, then fill wine glasses half full with ice, and pour in the sangria. Garnish with an orange slice and a cinnamon stick.

750 milliliters red wine, Tuscan type like Sangiovese
3 cups fresh orange juice
3/4 cup Tuaca
1/3 cup vermouth, sweet red
1/2 cup fresh lime juice
1/2 cup limoncello
1/4 cup sugar
12 ounces 7-Up®, or Sprite
Orange slices and cinnamon sticks for garnish

Per Serving (excluding unknown items): 136 Calories; trace Fat (1.8% calories from fat); 1g Protein; 19g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 55mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog: http://tastingspoons.com