



Catholic Health Initiatives

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Homemade Grapefruit Soda

Serves 4

Prep time:

Approximately 50 minutes

Ingredients:

1 cup freshly squeezed grapefruit juice

1 medium pink grapefruit (zest)

Juice of ½ lemon

⅔ cup honey

5 thin slices fresh ginger

Pinch of salt

Seltzer water for serving

Ice cubes for serving



Refreshing Treat

Directions:

Add grapefruit juice, zest, lemon juice, honey, ginger, and salt to a small saucepan, bring to a boil and simmer until the honey is dissolved, approximately 2 -3 minutes. Remove from heat and let sit for one hour. Strain the grapefruit syrup through a fine filter and throw away the solids. Refrigerate the grapefruit syrup in an airtight container until ready to serve. To serve, pour the grapefruit syrup into a large pitcher. Add seltzer water and ice cubes – stir and enjoy!

Harvest of the Month

grapefruit