

# Jingle Juice

Yield: 10 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/orange-grove-south-africa-juice-recipe>

## Ingredients:

- 1 1/2 cups sugar
- 1 teaspoon lemon zest
- 1 teaspoon lime zest
- 1 teaspoon zest grapefruit
- 1 teaspoon orange zest
- 1 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 3/4 cup sugar Citrus
- 1 cup lime juice
- 1 cup lemon juice
- 2 cups orange juice
- 1 cup grapefruit juice
- 1 cup mango nectar
- 1 cup pineapple juice
- 3 3/4 cups spiced rum Captain Morgan
- 2 1/4 cups grand marnier
- 1 1/2 cups amaretto
- 3 cups sparkling water
- frozen cranberries for garnish, optional
- lime optional
- grapefruit slices, optional
- lemon optional
- orange optional

## Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 97 grams
3. Fiber: 3 grams
4. Protein: 1 grams

5. Sodium: 20 milligrams
  6. Sugar: 84 grams
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