

# Pomegranate Lemonade Freeze



<b>Serves</b>	1
<b>Ingredients</b>	5 fluid ounce Minute Maid Smoothies Pomegranate Berry, thawed 2 fluid ounce Lemon Syrup 2 cups ice
<b>Garnish</b>	1 lemon wheel Pomegranate seeds
<b>Method</b>	1. Combine ingredients in a blender; process until smooth 2. Pour into a 16-oz glass 3. Garnish with a lemon wheel and pomegranate seeds 4. Change the flavor by replacing 2 fluid ounce Lemon Syrup with 2 fluid ounce flavored syrup from the suggestions below
<b>Nutritional Information</b>	450-460 calories
<b>Brands</b>	<b>Minute Maid Smoothies</b>
<b>Primary Flavor Profile</b>	Fruity
<b>Drink Style</b>	Blended , Refreshing
<b>Food Pairing and Recommendation</b>	<b>BBQ, Breakfast / Brunch - Savory , Breakfast / Brunch - Sweet, Mexican / Latin , Salads - Lighter Protein , Salads -</b>

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**Richer Protein , Sandwiches - Lighter Protein , Sandwiches -  
Richer Protein , Sandwiches - Vegan , Snacks - Salty**

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