

Recipes

REAL FRUIT PUNCH

INGREDIENTS

1 (14-ounce) can 100% fruit juice concentrate, thawed
2 liters club soda
1 (8-ounce) can pineapple chunks packed in 100% juice
4 cups (about 1 pound) frozen, mixed fruit, or strawberries, raspberries, mango, or peach slices
10 ice cubes

PREPARATION

1. Empty juice concentrate into a pitcher or punch bowl.
2. Add club soda to the juice concentrate. Gently stir.
3. Add pineapple, other fruit, and ice cubes.
4. Pour into individual glasses. Serve with a spoon.

Makes 15 servings - 1 1/2 cups per serving.

NUTRITIONAL INFORMATION

Calories: 70
Total Fat: 0 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 35 mg
Total Carbohydrate: 19 g
Dietary Fiber: 1 g
Protein: 0 g



5 5 70 15
Minutes Ingredients Calories Serv