Real Fruit Punch

Makes 15 servings.  
1½ cups per serving.

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

Preparation
1. Empty juice concentrate into a pitcher or punch bowl.
3. Add pineapple, frozen fruit, and ice cubes.
4. Ladle or pour into individual cups. Serve with a spoon.

Nutrition information per serving:
Calories 74, Carbohydrate 19 g, Dietary Fiber 1.5 g, Protein 0.5 g, Total Fat 0.2 g, Saturated Fat 0.02 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 36 mg, Added Sugars 0 g

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