Refreshing Pineapple Fizz
Makes 4 servings

Ingredients:
1 cups unsweetened pineapple juice
3 cups seltzer water
4 lemon slices (optional)

Directions:
1. In a punch bowl or pitcher, mix the juice and seltzer water together.
2. Add the lemon slices and chill in refrigerator.

Variations: For a special treat you can use other juices such as grape, apple, or orange.

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection