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

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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