Refreshed Pineapple Fizz
Makes 4 servings

Ingredients:
1 cup 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.

Nutrition Facts
4 servings per container
Serving size 1 cup (243g)

Amount per serving
Calories 30
% Daily Value*
Total Fat 0g
Saturated Fat 0g
Trans Fat 0g
Cholesterol 0mg
Sodium 40mg
Total Carbohydrate 8g
Dietary Fiber 0g
Total Sugars 8g
Includes 0g Added Sugars
Protein 0g

Vitamin D 0mcg
Calcium 15mg
Iron 0mg
Potassium 8mg

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

0% calories from fat

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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