



Cornell University
 Cooperative Extension
 New York City

Refreshing Pineapple Fizz

Ingredients:

- 2 cups unsweetened pineapple juice
- 2 cups seltzer
- 4 lemon slices

Directions:

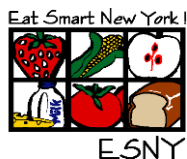
In a punch bowl or pitcher, mix the juice and seltzer together. Add the lemon slices and chill in refrigerator.

For a special treat, you can use other juices such as grape, passion fruit or cranberry juice.

Yields 4 servings (1 cup each)

Nutrition Facts			
Serving Size: 1 cup (8 oz.)			
Servings Per Recipe: 4			
Amount Per Serving			
Calories	70	Calories from Fat	0
% Daily Value *			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0 mg		0%
Total Carbohydrate	18g		6%
Dietary Fiber	0g		0%
Sugars	17g		
Protein	0g		
Vitamin A	%	Vitamin C	25%
Calcium	2%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
0 % calories from fat			

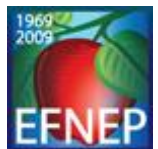
Source: Cornell University Cooperative Extension in New York City



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

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