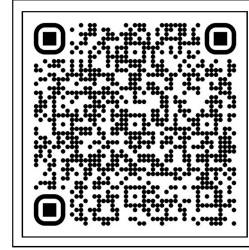




Cornell University
 Cooperative Extension
 New York City



Refreshing Pineapple Fizz

Ingredients:

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

Directions:

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

Note:

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

servings per container
Serving size 1 cup (247g)

Amount per serving
Calories **60**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 12mg	0%

*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.

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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