

Orange Pineapple Ginger Ale

Ingredients:

- 4 cubes ice
- 1/4 cup pineapple and orange drink
- 3/4 cup any light colored diet soda

Equipment:

- Measuring Cups
- Drinking glass

Number of Servings: 1
 Prep Time: 2 minutes
 Total time: 2 minutes

Directions

- ◆ Place ice in glass.
- ◆ Fill glass 1/4 full of any fruit juice, fill the rest of the glass with any flavor of light colored diet soda (lemon lime flavor, or ginger ale) and mix together.



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Nutrition Facts

Serving Size: 1 1/2 cup	
Servings: 1	
Amount Per Serving	
Calories 31	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 2mg	1%
Sodium 38mg	2%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Protein 1g	2%
Vitamin A 14%	Vitamin C 23%
Iron 1%	Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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