

Pineapple Ginger Punch

Ingredients:

Apple juice
 Pineapple juice
 Diet ginger ale

Equipment:

Drinking glass
 Measuring cups

Number of Servings: 1
 Preparation Time: 3 minutes
 Total time: 3 minutes

Directions

Mix apple juice, pineapple juice and diet ginger ale together, pour over ice and serve.



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Nutrition Facts

Serving Size: 1 cup

Servings: 1

Amount Per Serving

Calories 86

Calories from Fat 0

%Daily Value*

Total Fat trace g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 24mg 1%

Total Carbohydrate 21g 7%

Dietary Fiber trace g 1%

Protein trace g 1%

Vitamin A 0% Vitamin C 17%

Iron 3% Calcium 2%

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

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.