

Real Fruit Punch



Makes 15 servings.
1½ cups per serving.

Ingredients

- 1 (14 ounce) can 100% fruit juice concentrate, thawed
- 2 liters club soda
- 1 (8 ounce) can pineapple chunks packed in 100% juice
- 4 cups (about 1 pound) frozen mixed fruit or strawberries, raspberries, mango, or peach slices
Ice cubes

Prep time:
5 minutes

Preparation

1. Empty juice concentrate into a pitcher or punch bowl.
2. Make juice with club soda instead of regular water. Gently stir.
3. Add pineapple, frozen fruit, and ice cubes.
4. Ladle or pour into individual cups. Serve with a spoon.

Nutrition information per serving:

Calories 74, Carbohydrate 19 g,
Dietary Fiber 1.5 g, Protein 0.5 g,
Total Fat 0.2 g, Saturated Fat 0.02 g,
Trans Fat 0 g, Cholesterol 0 mg,
Sodium 36 mg, Added Sugars 0 g



Cucumber Mint Breeze

Ingredients

- ½ cup sliced cucumbers
- 1-2 sprigs of fresh mint
- Ice

Preparation

1. Fill pitcher halfway with ice.
2. Add sliced cucumbers and mint.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.



Funded by USDA SNAP, known in California as CalFresh. • California Department of Public Health

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