

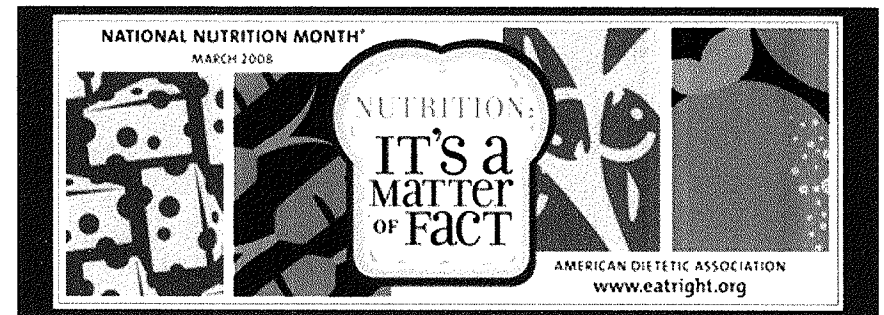
# Fruity Punch

The carbohydrates and calories were reduced in this recipe by using diet ginger-ale, Splenda (the original recipe called for 3 cups of sugar!), and squeezing fresh lemons instead of sweetened concentrate.

5 bananas mashed  
1 (12 oz) can frozen orange juice concentrate, unthawed  
1 can (20 oz) crushed pineapple  
2-3 lemons squeezed for juice  
7 cups water  
1- 1  $\frac{1}{2}$  cups Splenda  
1 liter diet ginger-ale

Mash bananas. Squeeze lemons for juice and mix all ingredients except the diet ginger-ale. Add ginger-ale right before serving. Serves ~20

Nutrition Information per 6oz: 75 calories, 18g carbohydrates, 0g fat, .5g protein, 20mg sodium, <1g fiber



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