## **Cranberry Punch**

Makes 1 gallon (30 4-ounce servings)

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1 small can (6 ounces) frozen orange

1 ice block

juice concentrate

Fresh mint leaves or thin slices of

1 small can (6 ounces)frozen

lime for garnish

lemonade concentrate

2½ cups pineapple juice, chilled

1½ quart cranberry cocktail, chilled

- 1. Reconstitute the orange juice and lemonade according to directions on cans and pour into punch bowl.
- 2. Blend in pineapple and cranberry juices
- 3. Float ice block on top of punch
- 4. Garnish with fresh mint leaves or thin slices of lime.

Per 4-ounce serving

Calories....65 Sodium......3mg Cholesterol....0g
Protien...0g Saturated fat....0g
Fat.....0g Monounsaturated fat...0g
Carbohydrates....16g Polyunsaturated fat...0g