



Healthy Recipe



UN-SODA

12 oz can	frozen 100% orange juice concentrate
2 cups	100% cranberry juice
1 liter (34 oz)	sparkling water
as needed	fresh citrus fruit slices
as needed	ice

1. Mix all ingredients (except fruit slices and ice) in a large pitcher or punchbowl.
2. Stir well until frozen concentrate completely dissolves.
3. Serve over ice and garnish with fresh citrus fruit slices.

Serving suggestion: Experiment with different types of 100% juice as substitutes for the 2 cups and the 12 oz. of frozen concentrate.

Nutritional Information

Per serving (15 4-oz servings in recipe):

Calories:	60	Vitamin A:	2%
Cal from Fat:	0	Vitamin C:	70%
Total Fat:	0 g	Calcium:	0%
Saturated Fat:	0 g	Iron:	0%
Cholesterol:	0 mg		
Sodium:	5 mg		
Carbohydrates:	15 g		
Fiber:	0 g		
Sugar:	15 g	Percent Daily Values are based on a	
Protein:	1 g	2000 calorie-per-day diet	

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to preserve open space

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