



Fruit Juice Spritzer

Servings: 6
Serving Size: 1 cup

Ingredients:
 2½ cups orange juice
 1 cup pineapple juice
 1 liter club soda or seltzer
 Water

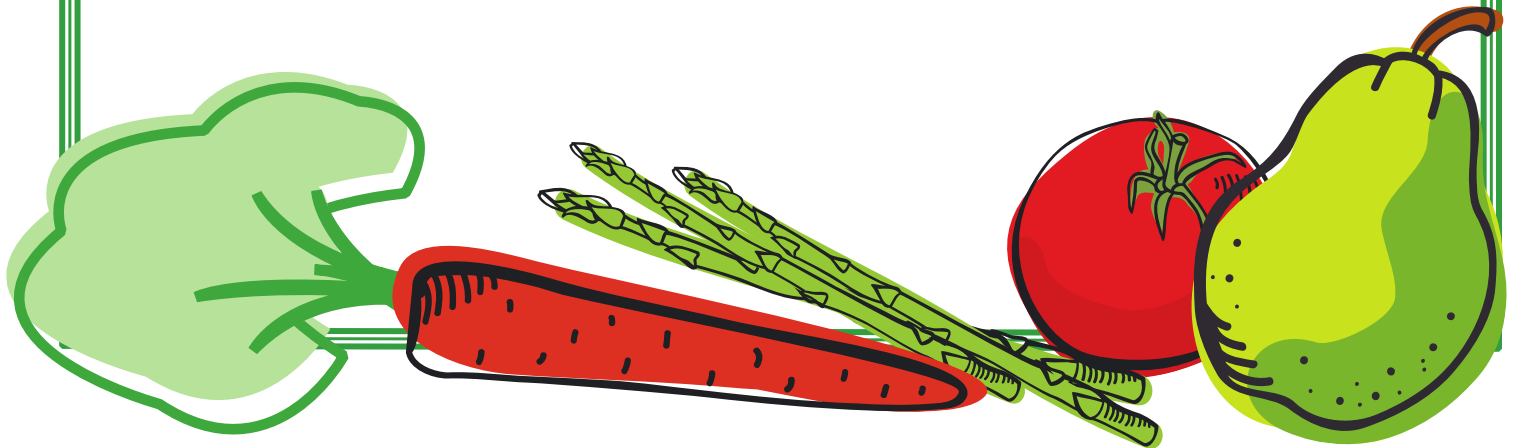
Directions:
 1. Mix juices in a pitcher and add soda.
 2. Stir and serve over ice.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 1g	
Vitamin A 2%	• Vitamin C 60%
Calcium 2%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



For more recipes: www.eatsmart.umd.edu

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