

Lemon Berry Pitcher Punch

TOTAL TIME: Prep/Total Time: 5 min.
MAKES: 3 servings

Ingredients

- 1/4 cup sweetened lemonade drink mix
- 2 cups cold water
- 1/3 cup cranberry juice, chilled
- 3/4 cup lemon-lime soda, chilled

Nutritional Facts

1 cup (prepared with sugar-free lemonade, reduced-calorie cranberry juice and diet soda) equals 9 calories, 0 fat (0 saturated fat), 0 cholesterol, 3 mg sodium, 1 g carbohydrate, 0 fiber, trace protein.

Directions

1. In a pitcher, combine the drink mix, water and cranberry juice. Stir in soda. Serve immediately.

Yield: about 3 cups.

Originally published as *Lemon-Berry Pitcher Punch* in *Cooking for 2 Spring 2005*, p43



(photo by Taste of Home)

Banana Strawberry Smoothies

TOTAL TIME: Prep/Total Time: 15 min.
MAKES: 2 servings

Ingredients

- 1-1/2 cups vanilla or plain yogurt
- 2/3 cup orange juice
- 2 medium ripe bananas, cut into chunks
- 1 cup halved fresh strawberries
- 2 teaspoons honey

Nutritional Facts

1 cup equals 375 calories, 7 g fat (4 g saturated fat), 18 mg cholesterol, 121 mg sodium, 72 g carbohydrate, 5 g fiber, 11 g protein.

Directions

1. In a blender, combine all ingredients; cover and process until smooth. Pour into chilled glasses; serve immediately.

Yield: 2 servings.

Originally published as *Berry Banana Smoothies* in *Taste of Home August/September 2004*, p13



(photo by Taste of Home)

— Pina Colada Slush —

TOTAL TIME:
Prep: 10 min. + freezing
MAKES: 12 servings

Ingredients

- 3 cans (6 ounces each) unsweetened pineapple juice
- 2 cups water
- 1 can (10 ounces) frozen non-alcoholic pina colada mix
- 1 tablespoon lime juice
- 3-1/2 teaspoons Crystal Light lemonade drink mix
- 6 cups lemon-lime soda, chilled

Nutritional Facts

1 serving (1 cup) equals 115 calories, 1 g fat (1 g saturated fat), 0 cholesterol, 20 mg sodium, 26 g carbohydrate, trace fiber, trace protein.

Directions

1. In a large bowl, combine the pineapple juice, water, pina colada mix, lime juice and soft drink mix; stir until drink mix is dissolved. Transfer to a 2-qt. freezer container. Freeze for 6

hours or overnight.

2. Remove from the freezer 45 minutes before serving. For each serving, combine 1/2 cup slush mixture with 1/2 cup lemon-lime soda. Yield: 12 servings (3 quarts).

Editor's Note: This recipe was tested with Crystal Light lemonade soft drink mix.

Originally published as *Pina Colada Slush* in *Simple & Delicious July/August 2007*, p33



(photo by Taste of Home)

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