

# Rum Punch II

Bobby Flay  
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**Yield: 8 to 10 servings**

*1 cup fresh lime juice*  
*2 cups grenadine syrup*  
*2 cups Jamaican white rum*  
*1 cup light rum*  
*2 cups fresh pineapple juice*  
*2 cups fresh orange juice*  
*pinch freshly grated nutmeg*  
*(optional)*  
*orange slices (for garnish)*  
*pineapple slices (for garnish)*

**Preparation Time: 5 minutes**

In a pitcher or punch bowl, mix the lime juice, grenadine, Jamaican rum, light rum, pineapple juice, orange juice and nutmeg, if using.

Chill in the refrigerator for at least one hour before serving.

Garnish with orange or pineapple slices.

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Per Serving (excluding unknown items): 803 Calories; 1g Fat (3.4% calories from fat); 5g Protein; 74g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 5 Fruit.