

Beverages

Tropical Island Refresher

www.splenda.tastebook.com

Servings: 7

Preparation Time: 5 minutes

Start to Finish Time: 2 hours 5 minutes

For extra flavor, use some of the punch to make additional ice cubes. Add to the punch just before serving.

1 package (0.13 ounce) KOOL-AID tropical punch flavor unsweetened soft drink mix

1 cup Splenda no calorie sweetener

2 cups cold water

1 cup orange juice

4 cups diet lemon-lime carbonated beverage, chilled

In a large pitcher, combine the soft drink mix and sweetener.

Add the water, stirring until blended.

Stir in the orange juice.

Cover and chill for two hours.

Stir in the carbonated beverage just before serving.

Serve over ice.

Per Serving (excluding unknown items): 16 Calories; trace Fat (3.9% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Fruit.