
April Shower Ice Cream Punch

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 25

2 cans (8 ounce ea) frozen lemonade concentrate

1 can (6 ounce) frozen orange juice concentrate

9 cups water

1 quart lemon sherbet

1 quart vanilla ice cream

Mix the fruit juices and water in a punch bowl.

Scoop the sherbet and ice cream into the punch.

Stir gently.

Beverages

Per Serving (excluding unknown items): 56 Calories; 2g Fat (36.5% calories from fat); 1g Protein; 8g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 20mg Sodium. Exchanges: 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.