
Banana Fruit Punch

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

4 cups sugar

6 cups water

48 ounces pineapple juice

2 cans (12 ounce ea) frozen orange juice concentrate

1 can (12 ounce) frozen lemonade concentrate

5 bananas

3 quarts ginger ale

In a saucepan, mix the sugar and water. Heat to boiling. Cool.

Add the pineapple juice, orange juice and lemonade.

Mash the bananas by hand or in a blender. Add to the juice mixture. Stir well. (At this point the mixture may be frozen in milk cartons. Take out of the freezer two hours before serving.)

When ready to serve, add three quarts of ginger ale and mix well.

Beverages

Per Serving (excluding unknown items): 6074 Calories; 5g Fat (0.7% calories from fat); 21g Protein; 1542g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 287mg Sodium. Exchanges: 31 1/2 Fruit; 71 Other Carbohydrates.