

Beverages

Banana Punch Slush

Splenda.tastebook.com

Servings: 54

Start to Finish Time: 15 minutes

4 ripe bananas

3/4 cup Splenda No Calorie Sweetener, granulated

3 cups water

1 can (46 oz) pineapple juice

2 cans (12 oz each) frozen orange juice concentrate

1 can (12 oz) frozen lemonade concentrate

3 cups water

3 liters ginger ale

In a blender, combine the bananas, Splenda and water. Blend until smooth.

Pour into a large bowl. Stir in the pineapple juice.

Stir in the orange juice concentrate, lemonade concentrate and water.

Divide into three plastic containers.

Freeze solid.

Remove from the freezer 3 to 4 hours before serving.

Using one plastic container portion at a time, place the slush in a punch bowl and pour in one liter of ginger ale for each.

Per Serving (excluding unknown items): 35 Calories; trace Fat (0.5% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.