

Cranberry Lemon Punch

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AAA Great Pretenders Party Guide

Yield: 30 four-ounce servings

1 1/2 quarts water
1 cup sugar
1 cup strong tea
1 can (6 ounce) frozen lemonade concentrate
1 quart cranberry juice
2 cups apple juice
1 cup orange juice

In a saucepan, heat the water and sugar to boiling, stirring constantly, until the sugar dissolves. Cool.

Prepare the tea, using two teaspoons of loose tea (or two tea bags) and one cup of boiling water. Cool.

Refrigerate all of the ingredients.

Just before serving, mix the liquids in a large punch bowl.

Per Serving (excluding unknown items): 1696 Calories; 2g Fat (1.0% calories from fat); 2g Protein; 429g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 82mg Sodium. Exchanges: 14 1/2 Fruit; 13 1/2 Other Carbohydrates.