

Golden Punch

Dan Averatt

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 50

*2 cans (6 ounce) frozen
orange juice concentrate*

*1 can (12 ounce) apricot
nectar*

*2 cans (6 ounce) frozen
lemonade*

*2 cans (one pint, 12 ounce
ea) pineapple juice*

Dilute the frozen juices as directed on the cans.

Add to the apricot and pineapple juices.

Chill.

Per Serving (excluding unknown items): 22 Calories; trace Fat (1.2% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.