

Punch Cubes

Mrs J m McKinney

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

*juice of two lemons
2 mashed bananas
3/4 cup sugar
juice of two oranges
1 cup crushed pineapple
1 cup water*

In a bowl, blend the lemon juice, bananas, sugar, orange juice, pineapple and water.

Pour the mixture into ice trays and freeze.

When serving, place the cubes in a glass and pour chilled ginger ale over the cubes.

Per Serving (excluding unknown items): 1145 Calories; 2g Fat (1.7% calories from fat); 6g Protein; 295g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 9 Fruit; 10 Other Carbohydrates.