Pumpkin Caipirinha-Style Mocktail

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Servings: 2

four limes 1 cup pineapple juice, chilled 1/2 cup pumpkin puree' one-inch piece fresh ginger, peeled and grated 4 tablespoons agave nectar (or honey) crushed ice ground nutmeg (for garnish) (optional) Zest two of the limes (1-1/2 teaspoons). Juice all four limes (1/4 cup). Peel and grate the ginger (one tablespoon).

In a bowl, Combine one teaspoon of lime zest, pineapple juice, pumpkin puree', ginger and agave nectar. Whisk until well blended.

Chill until ready to serve.

Fill two serving glasses with ice. Pour in the pumpkin mixture. Sprinkle with the reserved lime zest. Sprinkle with nutmeg, if desired.

Per Serving (excluding unknown items): 70 Calories; trace Fat (1.3% calories from fat); trace Protein; 17g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 Fruit.