

Spring Punch

Carolyn Hale

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

Yield: 70 small punch cups

*3 quarts unsweetened
pineapple juice
juice of eight lemons
juice of eight oranges
juice of three limes
4 quarts ginger ale
4 quarts soda water
1 cup mint leaves, crushed*

In a bowl, combine the sugar, mint and juices.

Add the soda water and the ginger ale last.

Per Serving (excluding unknown items): 4336 Calories; 2g Fat (0.5% calories from fat); 12g Protein; 1101g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 481mg Sodium. Exchanges: 1 Vegetable; 49 1/2 Fruit; 23 Other Carbohydrates.