SHOPPING LIST

Cranberry Beverage

- ◯ Ice Cubes
- ◯ Cranberry Juice
- ◯ Orange Juice
- ◯ Pineapple Juice

First, check off the items you already have at home.

CUT

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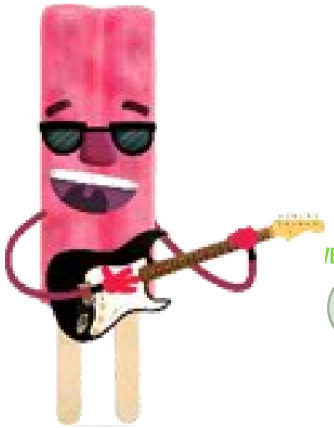
CUT

Freezerburn presents

DRINKS

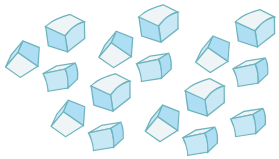
FIZZY'S LUNCH LAB

Cranberry Beverage



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Less than 30 min.	Easy	

YOU WILL NEED



16 ice cubes

2 cups unsweetened cranberry juice

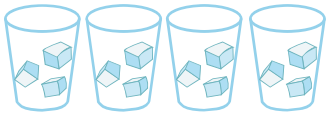
1 cup orange juice

1 cup pineapple juice

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Unsweetened cranberry juice is the perfect choice here since the orange and pineapple juices already contain a lot of natural sugars.



STEP 1: Fill 4 glasses with ice cubes.

STEP 2: Place the juices in a pitcher and stir well. Divide evenly between the glasses and serve immediately. Alternatively, add ½ cup cranberry juice to each glass and then top each with ¼ cup orange juice and ¼ cup pineapple juice.

Nutrition Facts

Serving Size (251g)
Servings Per Container 4

Amount Per Serving	
Calories 120	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 23g	
Protein 1g	
Vitamin A 4% • Vitamin C 70%	
Calcium 2% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4