

Strawberry-Grapefruit Punch

This punch is perfect for a summer afternoon gathering. The taste of ripe, sweet strawberries is balanced by tart grapefruit juice to create a refreshing beverage young and old alike will love.

One 10 ounce package frozen unsweetened strawberries
3 cups unsweetened grapefruit juice
1 liter (4 1/4 cups) club soda

DIETARY EXCHANGES:

1 Fruit

NUTRIENTS PER SERVING:

Cal.: 48	Cal. from Fat: 1
Total Fat: 0 g	Sat. Fat: 0 g
Carb.: 12 g	Protein: 1 g
Chol.: 0 mg	Sodium: 30 mg
Fiber: 1 g	

1. Blend the strawberries and juice in a blender or food processor until smooth. Pour into a pitcher or punch bowl.
2. Slowly pour the club soda down the side of the container. Stir gently to mix serve immediately.

2 quarts (8 servings)

Source: The New Family Cookbook for People with Diabetes

