

Beverages

Paradise Punch

www.splenda.tastebook.com

Servings: 7

Preparation Time: 5 minutes

Start to Finish Time: 2 hours 5 minutes

For extra flavor, use some of the punch to make additional ice cubes. Add to the punch just before serving.

1 package (0.19 ounce) KOOL-AID tropical punch flavor unsweetened soft drink mix

1 cup Splenda no calorie sweetener

2 cups cold water

2 cups pineapple juice

1 liter club soda, chilled

Place the soft drink mix and the sweetener in a punch bowl.

Add the water. Stir until the drink mix is dissolved.

Stir in the pineapple juice.

Cover and chill for two hours.

Stir in the club soda just before serving.

Serve over ice cubes in tall glasses.

Per Serving (excluding unknown items): 40 Calories; trace Fat (1.3% calories from fat); trace Protein; 10g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 33mg Sodium. Exchanges: 1/2 Fruit.