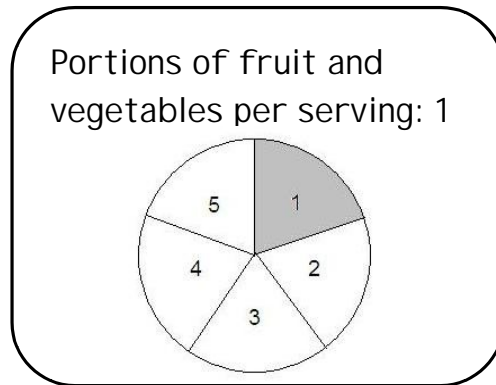


Celebration Non-alcoholic Punch

Serves 12



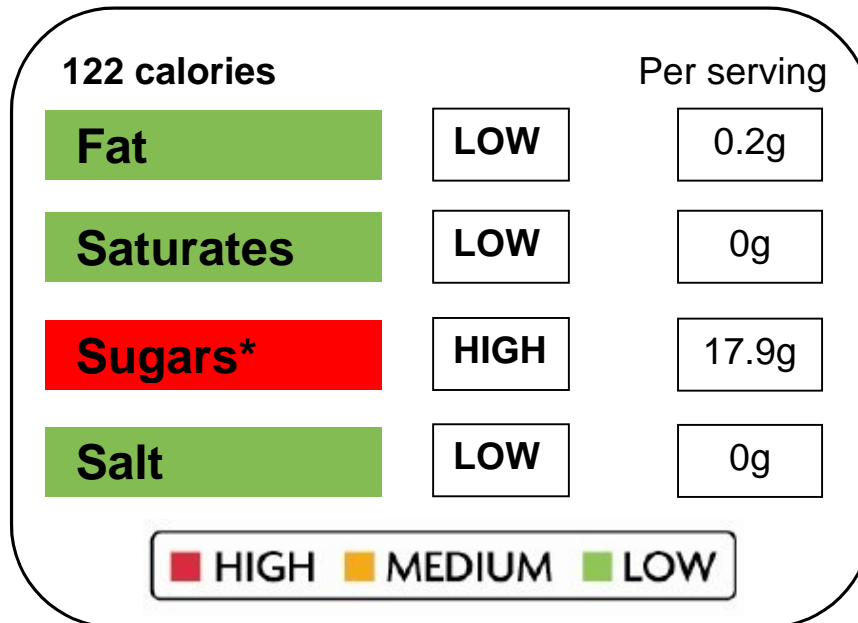
Ingredients	Amount	Preparation
cranberry juice	1 litre (1¾ pints)	
orange juice	1 litre (1¾ pints)	
apple juice	1 litre (1¾ pints)	
diet ginger ale	1 medium bottle (200ml)	
orange	1 large	sliced
apple	1 medium	sliced
ice cubes		for serving

Please Turn Over



Method

- 1 Pour the cranberry juice, apple juice and orange juice into a large bowl or jug.
- 2 Add the sliced fruit and mix together.
- 3 Add the ginger ale and ice cubes just before serving and enjoy!



* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- Experiment with different juices such as pineapple, grapefruit and pomegranate juice.
- Fruit juice only counts as one portion in a day however much you drink.

