



Category (Drinks)

Juice Cooler

Submitted by (Joan Heusser)

<p><u>Recipe</u></p> <p>2 parts diet 7-Up, Sprite, or other diet clear soda 1 part Light Cran-Raspberry juice</p> <p>12 oz serving = 20 Calories 12 oz regular soda = 150 Calories 12 oz regular Cran-Raspberry juice = 180 Calories, 9 x more Calories than the Juice Cooler</p> <p>It is yummy, does not taste like diet.</p>	<p><u>Grocery List</u></p> <p>(Ingredients you need from the store for recipe and any side dish you might add.)</p>
<p><u>Side dish</u></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p>	<p><u>Tips/Helpful hints</u></p> <p>(Any ideas that might be helpful to know when making this recipe.)</p>