

Uploaded to VFC Website → → January 2013 ← ←

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

Veterans-For-Change is a 501(c)(3) Non-Profit Corporation Tax ID #27-3820181

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Mock Sangria

Total Time: 15 mins

Ingredients

- > 2 cup(s) orange juice
- > 1 cup(s) grape juice, white, unsweetened
- > 1 cup(s) cranberry juice, low-calorie
- > 1 liter(s) lemon-lime soda, diet
- > ice cubes
- > 2 cup(s) assorted fresh fruit (such as oranges, cut into wedges; thinly sliced and halved lemons and/or limes; pineapple wedges; seedless red or green grapes; sliced, peeled and pitted peaches; and halved strawberries)
- > sprig(s) mint, fresh

Preparation

- 1. In a large bowl or pitcher, stir together chilled orange juice, white grape juice, and cranberry juice.
- 2. Add the lemon-lime beverage; stir gently. Fill each of 10 glasses about two-thirds full with ice. Divide fruit among glasses. Pour juice mixture into glasses. Garnish with fresh mint sprigs.