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DIET CENTER

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FRUIT SANGRIA

Final Lifestyle

Ingredients

- 1 bottle red wine
- 1 can diet Sprite (or 1-1/2 cups of any diet lemon-lime soda)
- 1 cup Diet Ocean Spray Cranberry Pomegranate (or another flavor Diet Ocean Spray)
- 1 cup sliced strawberries
- 1 small orange, peeled and chopped
- half a Fuji apple, chopped
- half a slightly under-ripe banana, peeled and chopped
- ½ cup pineapple chunks (if canned, then packed in juice)

Instructions

1. Place fruit in a large container that will not stain easily (like a glass pitcher or a high-quality plastic one). Cover fruit with wine and cranberry drink, and give mixture a good stir.
2. Cover and refrigerate for at least 10 hours.
3. Once ready to serve, add soda and give it a good stir. Pour and be sure to get a nice amount of fruit in each glass.

Portion-Per-Serving Information: (Yields 7 serving):

1 serving = 8 oz = 2 FR