



Appleade

Serves: 10

Ingredients

- 1 quart apple cider or apple juice
- 1 cup orange juice
- ½ cup frozen limeade concentrate
- ½ cup frozen lemonade concentrate
- 1 quart cold ginger ale or lemon-lime soda

Combine apple cider, orange juice, limeade concentrate, and lemonade concentrate. Refrigerate.

To serve, add ginger ale and pour over ice.

Per serving: 145 calories, 0 g fat, 0 mg cholesterol, 0 g protein, 36 g carbohydrates, 12 mg sodium, 0 g dietary fiber.