



Swingin' Sangria



1/10th of recipe (1 cup): 97 calories, <0.5g total fat (0g sat. fat), 12mg sodium, 10g carbs, 1g fiber, 6g sugars, 0.5g protein



Ingredients

One 2-serving packet (about 1 tsp.) sugar-free lemonade powdered drink mix
One 8-oz. can pineapple chunks packed in juice, not drained
2 cups sliced strawberries
1 orange, peeled, roughly chopped, seeds removed
1 peach or nectarine, roughly chopped
1 lime, sliced into rings
One 750-ml bottle pinot grigio
12 oz. diet lemon-lime soda

Directions

Combine powdered drink mix with 8 oz. water in a glass and stir to dissolve. Set aside.

Place all fruit in a large pitcher. Add lemonade mixture, 8 additional oz. water, and pinot grigio. Cover and refrigerate for at least 5 hours. (Overnight is best.)

Just prior to serving, stir in soda.

MAKES 10 SERVINGS

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