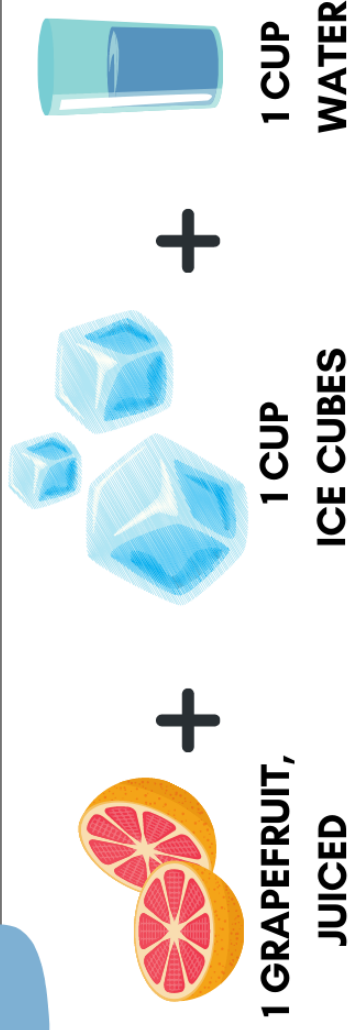


REFRESHING GRAPEFRUIT DRINK

SNACK - SERVES 2

INGREDIENTS



INSTRUCTIONS

1. Combine grapefruit juice and water
2. Pour mixture over ice and enjoy!



Nutrition Facts

Servings: 2	
Amount per serving	31
Calories	% Daily Value*
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 8.1g	3%
Dietary Fiber 0.7g	3%
Total Sugars 7.3g	
Protein 0.4g	
Vitamin D 0mcg	0%
Calcium 11mg	1%
Iron 0mg	0%
Potassium 92mg	2%

SNAP-Ed
Pennsylvania
Healthy Food,
Healthy Moves,
Healthy YOU.

Einstein
More than Medicine

U.N.



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).