

Pineapple-Rum Slush

SOURCE: Cooking Light, MAY 1999

INGREDIENTS:

3 C pineapple juice
1 C fresh lemon juice (about 5 large lemons)
3/4 C golden or dark rum
3/4 C water
1/2 C sugar

DIRECTIONS:

Combine all ingredients in large plastic pitcher - cover and freeze at least 4 hours or till slushy.

Note: Substitute orange juice for rum, if desired.

Yield: 6 servings (serving size: 1 C)

NUTRITION PER SERVING: CALORIES 228 (0.0% from fat); FAT 0.1g (sat 0.0g, mono 0.0g, poly 0.0g); PROTEIN 0.6g; CARB 37.4g; FIBER 0.3g; CHOL 0.0mg; IRON 0.3mg; SODIUM 2mg; CALC 24mg