Orange Cooler
2 cups orange juice
1 Tablespoon lemon juice
1 cup seltzer water

Pour all of the ingredients into a pitcher and stir well. Serve immediately.

Applesauce
3 apples, peeled and diced
1/4 cup apple juice, orange juice, or grapefruit juice
1/4 cup light corn syrup

Place all ingredients in a bowl. Mash well with a potato masher or put in a blender and puree.
Nutrition Facts

Servings Per Recipe 3
Amount Per Serving
Calories 76 1% of total calories from fat
Total Fat .1g Sodium 3mg
*Vitamin A 1% *Vitamin C 110%
*Calcium 2% *Iron 1%

*Percentage Daily Values

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Nutrition Facts

Servings Per Recipe 6 (1/2 cup each)
Amount Per Serving
Calories 87 3% of total calories from fat
Total Fat .3% Sodium 11mg
*Vitamin A 12% *Vitamin C 2%
*Calcium 25% *Iron 2%

*Percentage Daily Values

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