

Modified Caribbean Rum Punch (non-alcoholic)



Provides 5-6 servings. Preparation time is 5 minutes

Ingredients:

4 Cups (800mls) Fresh orange juice

5 Limes, juiced

50ml Pomegranate juice

3 Cups of non-alcoholic, sugar free rum OR 28mls of rum essence

1 Cup of fresh watermelon juice

½ Teaspoon of nutmeg

1 Orange, sliced, to garnish

A handful of fresh cherries, to garnish

Preparation method:

Pour all the juices into a large jar and give it a good stir. Pop jar into the fridge to chill for an hour or serve over ice cubes. Sprinkle over the nutmeg and garnish with cherries and slices of orange and melon.

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	35kcal/150kJ
Total Fat (g) <i>of which saturated fatty acids (g)</i>	0 0
Carbohydrates (g) <i>of which sugars (g)</i>	6.7 6.6
Dietary fibre (g)	0.5
Protein (g)	0.6
Salt (g)	0

Each 250g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
89kcal 376kJ	0.5g	0g	16g	0g
4%	1%	0%	18%	0%

of an adult's reference intake