

Plum Cool Down

Makes: 8 Servings

Canned plums packed in extra light syrup plus frozen cranberry juice concentrate blended together equals a delicious beverage.

Ingredients

2 cups plums (or 15-ounce can, drained and coarsely chopped)
1 can frozen cranberry juice concentrate (about 12 ounces)
1 cup water

Directions

1. Combine all ingredients in blender.
2. Blend until smooth.

Recipe adapted from The California Fruit Tree Agreement.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	90	
Total Fat	0 g	
Protein	0 g	
Carbohydrates	23 g	
Dietary Fiber	0 g	
Saturated Fat	0 g	
Sodium	10 mg	