

Blood-Red Punch

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/red-punch-recipe-south-africa>

Ingredients:

- 3 cups raspberry juice cranberry-, blend or other berry juice
- 3 cups sparkling water
- 1 cup frozen strawberries thawed, or raspberries, pureed
- 1 cup ice cubes crushed

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 25 grams
3. Fiber: 1 grams
4. Sodium: 20 milligrams
5. Sugar: 23 grams

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