

KIDNEY-FRIENDLY & HEART-HEALTHY

# Holiday Fruit Tea

Makes 16 servings



## INGREDIENTS

**2 cups pineapple juice**

**2 cups white grape juice**

**4 Tbsp unsweetened tea, lemon-flavored**

**1 gallon of water**

## DIRECTIONS

Mix all ingredients in a large pitcher.

Chill or serve over ice.

Garnish with fresh lemon or pineapple slices.

Enjoy!

<b>Nutrition Facts Per Serving</b> (1 cup)	Calories	48
	Carbohydrates	12 g
	Protein	0 g
	Total Fat	0 g
	Phosphorus	11 mg
	Potassium	154 mg
	Sodium	28 mg

*The recipes contained here are for educational purposes to promote a healthy diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your health condition, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.*

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FOR THE  
HOLIDAYS