



Spiced Lemonade

2 parts lemonade

1 part Pimm's

1 tsp. GREY POUPON Dijon

1 slice each orange, apple, lemon, cucumber

Garnish - sprig mint

Mix mustard, lemonade and gin. Serve over ice cubes in tall glass.

Add fruit and cucumber slices.

Top with mint.

Makes 1 serving.

How to Make a Non-Alcoholic Version:

Substitute ginger ale for the gin.

Nutritional Information Per Serving:

350 calories, 0.5g total fat, 0g saturated fat, 0mg cholesterol, 125mg sodium, 24g carbohydrate, 2g dietary fiber, 14g sugars, 1g protein, 4% DV vitamin A, 60% DV vitamin C, 4% DV calcium, 6% DV iron.