



**Classic and Essential Nutrition**  
A Corporate Nutrition & Healthy Lifestyles Consultancy

## Tropical Ginger Punch (4-6 servings)

### Ingredients

3 cups orange juice

3 cups pineapple juice

1 tablespoon ginger - *fresh, finely grated peeled*

4 cups (32 ounces) club soda

1 orange cut into wedges - *for an optional garnish*

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### Preparation

- In a large pitcher, stir together orange juice, pineapple juice, and ginger. Refrigerate until cold, at least 1 hour and up to 1 week.
- Just before serving, stir in club soda. Serve over ice, and garnish with orange wedges, if desired.

