Luau Punch

Pineapple and orange juices with fizzy citrus soda.

1 46 fluid ounce can pineapple juice
1 6 ounce can frozen orange juice concentrate, thawed
2 liters lemon-lime flavored carbonated beverage

1. In an empty gallon milk jug or pitcher, pour pineapple juice and orange juice concentrate. Shake to mix and pour in the lemon-lime soda. You may need to let the fizz settle and then return to pouring. This will fill up the gallon. Freeze overnight.
2. Let the punch start to thaw 2 hours before serving. Serve slushy.

Makes 10 servings.

Preparation time: 10 minutes
Ready in: 10 minutes

Per serving:

Calories 186
Fat 0g
Sodium 23mg
Carbohydrates 46g
Fiber 0g
Protein 1g

Source: Allrecipes.com