

Warm Weather Refreshers

(NAPSA)—As the temperature heats up, so does your family's activity schedule. Warmer weather and school breaks mean family picnics, sporting events, barbecues and many more fun-filled, outdoor activities. What better way to stay refreshed and ready for fun than with a satisfying splash of a cool citrus juice?

For a deliciously light and refreshing drink, try the fresh, smooth taste of Ocean Spray® Ruby Red Grapefruit Juice Cocktail.

To add a twist that your whole family will enjoy, try blending this tasty grapefruit juice flavor with other juices, yogurt and your favorite fresh fruits. These refreshing drink recipes deliver a delicious, cool flavor with a healthy boost and are sure to be a crowd pleaser.

Refreshing Ruby Lemonade

5 ounces Ocean Spray® Ruby Red Grapefruit Juice Cocktail
OR Ocean Spray® Ruby Red Grapefruit Premium 100% Juice
4 ounces lemonade
Lemon slice, garnish

Pour into a glass with ice. Garnish with a lemon slice. Makes 1 serving.

Nutritional Information Per Serving (Based on Ocean Spray® Ruby Red Grapefruit Juice Cocktail): Calories: 120 (6%DV); Total Fat: 0g (0%DV); Sodium: 25mg (1%DV); Potassium: 80mg (2%DV); Total Carbohydrate: 30g (10%DV); Protein: 1g (1%DV); Vitamin A: 2%DV; Vitamin C: 130%DV; Calcium: 2%DV

Irresistible Ruby Red Smoothie

6 ounces Ocean Spray® Ruby Red Grapefruit Juice Cocktail
OR Ocean Spray® Ruby Red Grapefruit Premium 100% Juice



½ banana, cut into slices
3 medium strawberries, hulls removed and cut into halves
½ cup crushed ice
Strawberry, garnish

Put all ingredients, except garnish, in a blender. Blend for a few seconds on high speed or until ingredients are thoroughly combined. Pour into a large glass. Garnish with strawberry. Makes 1 serving.

Nutritional Information Per Serving (Based on Ocean Spray® Ruby Red Grapefruit Juice Cocktail): Calories: 200 (9%DV); Total Fat: 0g (0%DV); Sodium: 35mg (1%DV); Potassium: 340mg (9%DV); Total Carbohydrate: 50g (16%DV); Protein: 1g (2%DV); Vitamin A: 0%DV; Vitamin C: 200%DV; Calcium: 2%DV

In addition to tasting good, Ocean Spray® Ruby Red Grapefruit Juice Cocktail is good for you. Not only is this juice drink an excellent source of Vitamin C, but it also is fat-free, cholesterol-free and low in sodium.

Ocean Spray® is the number-one brand of canned and bottled juice drinks in the U.S. Formed in 1930, the cooperative is comprised of 804 cranberry growers from Massachusetts, Wisconsin, New Jersey, Oregon, Washington, British Columbia and other parts of Canada, as well as 126 Florida grapefruit growers. For more information on Ocean Spray®, visit www.oceanspraygrapefruit.com.