

# Heart Healthy Recipes from Gwinnett Medical Center



## Witches Brew

- 1 quart lime sherbet, slightly softened
- 1 container (12 oz) frozen limeade, thawed
- 1 bottle (1 liter) ginger ale
- Gummy worm candies, if desired
- Lime slices, if desired

### Preparation:

Combine sherbet, limeade and ginger ale. Add gummy worm candies and lime slices if desired.

Based off 1 serving: Calories: 130; Carbs: 31g; Fat: 1g; Protein: 0g

Serves 16