

Fruit Juice Slush

Makes: 6 servings

Blending your favorite fruit juice concentrate with ice and water will give you a quick and refreshing drink on a warm day.

Ingredients

12 ounces fruit juice concentrate (100%)

12 ounces water

3 cups ice

Directions

1. In a blender, place juice concentrate, water and half of ice.
2. To prevent spillage, do not pass the top line of the blender.
3. Blend while gradually adding remaining ice. Serve.

Notes

Use any flavor of juice concentrate. If slush is too thick add more water.

University of Hawaii at Manoa, Cooperative Extension, Lifeskills in Stamps Nutrition Education Program

Nutrition Information

Nutrients	Amount
Calories	113
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	4 mg
Total Carbohydrate	27 g
Dietary Fiber	1 g
Total Sugars	27 g
Added Sugars included	0 g
Protein	2 g
Vitamin D	0 IU
Calcium	24 mg
Iron	0 mg
Potassium	479 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1 cup