

Fruit Slush

Makes: 4 servings

Serve this fruit slush as a drink or a dessert, and keep leftovers in the fridge for later. Pour it over fresh ice when you are ready to eat.

Ingredients

- 2 2/3 cups** cantaloupe or watermelon (coarsely chopped, - seeded, peeled)
- 1 2/3 cups** kiwi (coarsely chopped, optional)
- 2 tablespoons** sugar
- 2 tablespoons** lime juice
- 2 cups** water
- ice

Directions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Oregon State University Cooperative Extension Service, Pictorial R Nutrition Program

Nutrition Information

Nutrients	Amount
Calories	60
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	24 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	20 g
Added Sugars included	6 g
Protein	2 g
Vitamin D	0 IU
Calcium	36 mg
Iron	0 mg
Potassium	473 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1 cup