

Eat Smart • Move More

Fruit Juice Slush

Prep Time: 5 minutes

Total Time: 5 minutes



Ingredients

- 12 ounces 100% frozen juice concentrate
- 12 ounces water
- 3 cups ice

Nutrition Facts

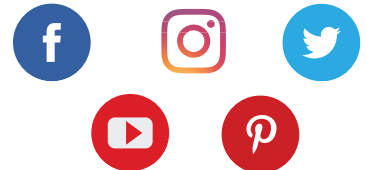
6 servings per container	
Serving size	1 serving (121.33g)
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes g of Added Sugars	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 99mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Choose any flavor of juice concentrate.
- ▶ If slush is too thick, add more water.
- ▶ Add frozen or fresh fruit for a fruitier flavor.
- ▶ 100% fruit juice contains no added sugars!

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Directions

- In a blender, combine juice concentrate, water, and half of ice. NOTE: Be careful to not overfill the blender. Continue to blend while gradually adding remaining ice.

(Recipe from University of Hawaii at Manoa Cooperative Extension, as listed at: <https://whatscooking.fns.usda.gov/>)

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