



Fruit Slushies

Servings per recipe: 4 servings

Serving size: 4 ounces

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Ingredients

1 cup fresh or frozen strawberries
or 1 slice of watermelon

1 cup of orange juice or other
100% fruit juice

½ cup ice

Tools

1 electric blender or food
processor

1 wooden spoon or plastic spatula

1 plastic knife

1 large plastic cup

1 measuring cup

5 paper cups

5 plastic spoons or straws

Directions

Wash hands and make sure utensils and countertops are clean.

1. If using fresh strawberries, rinse under cold running water.
2. Remove stem and leaves and cut strawberries in half. Younger children can use a plastic knife for this step if desired.
3. Put strawberries (or watermelon) and juice into blender.
4. Add ice to blender.
5. Blend at low speed until smooth.
6. Pour fruit slushie into cups.

Enjoy with a spoon or drink with a straw!



Tip:

Put leftover fruit slushies into paper cups to freeze for a quick, cool snack

Nutritional Analysis (per serving)

Calories: 40.3 kcal
Fat: 0.2 g
Saturated
Monounsaturated
Carbohydrates: 9.4 g
Fiber: .9 g
Sugar: 7.1 g
Protein: 0.7 g

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