



Fruit Juice Slush

Serving Size: 1 cup

Yield: 6 servings

Ingredients:

1 can (12 ounce) 100% fruit juice concentrate

12 ounces water

3 cups ice



Instructions:

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.

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

Nutrition Facts: Calories, 90; Calories from fat, 0; Total fat, 0g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 0 mg; Total Carbohydrate, 22g; Fiber, 0g; Protein, 1g; Vit. A, 4%; Vit. C, 130%; Calcium, 2%; Iron, 2%.

Source: Adapted from: *Lifeskills in Food Education Food Skills Cookbook*, University of Hawaii at Manoa Cooperative Extension, USDA, SNAP-Ed Connection.



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