

Eat Smart • Move More

Fruit Juice Slush

Prep Time: 5 minutes

Total Time: 5 minutes



Ingredients

12 ounces frozen 100% juice concentrate
1 ½ cups water
3 cups ice

Nutrition Facts

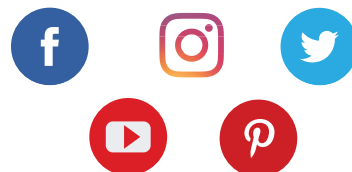
6 servings per container	
Serving size	1 serving (121.33g)
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes g of Added Sugars	
Protein 0g	
Vitamin D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

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

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>)

www.eatsmartmovemoreva.org