



FRUIT SLUSH #1



Yield: 6 cups

Ingredients:

- 1 (12-ounce) can 100% frozen juice concentrate
- 1 (12-ounce) can water
- 3 cups ice

Directions:

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.

Variations:

Use any 100% frozen juice concentrate.
If slush is too thick, add more water.

Nutrition Facts

Serving Size 1 cup (183g)
Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 5mg 0 %

Total Carbohydrate 27g 9 %

Dietary Fiber less than 1g 2 %

Sugars 27g

Protein 2g

Vitamin A 6% Vitamin C 160%

Calcium 2% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.