

Frozen Fruit Slush

(Handy for meals and snacks when frozen)

Ingredients:

- 6 ounce can frozen orange juice concentrate, thawed
- 3 mashed bananas
- 1 to 1 1/4 cups frozen whole strawberries, thawed
- 1 to 1 1/4 cups crushed pineapple, not drained



Preparation:

1. Mix all ingredients. Freeze. **

** If freezing in one container, take it out about two hours before serving to let it get slushy. Break it up and stir as needed.

** If freezing in individual containers, take it out about 30 minutes before serving. Any desired fruits can be used in place of or in addition to these.

Makes four 1/2 cup servings

Amount Per Serving	
Calories 206	Calories from Fat 0
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 52g	17%
Dietary Fiber 5g	22%
Sugars 46g	
Protein 1.5g	
Vitamin A 4%	Vitamin C 170%
Calcium 4%	Iron 6%
*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	