



## August 11- Berry Slush

Smart Snack

Link:

### Recipe

*Ingredients:*

1 cup water

12 packets artificial sweetener

2 cups orange juice or apricot nectar  
1 8-ounce can unsweetened crushed pineapple

1 10-ounce package unsweetened frozen strawberries or raspberries, thawed

1 banana, diced

Popsicle sticks

*Directions:*

1. Wash hands with warm, soapy water.
2. Heat water, allow to cool slightly. Add Sweetener, stir to dissolve. Stir in orange juice or apricot nectar, pineapple, berries, and diced bananas. Mix well.
3. Freeze in 3 ½ ounce plastic or paper cups. When firm enough, insert sticks and freeze until solid. Store in freezer in plastic freezer bags.

Yield 10 servings

### Nutrition Facts

Serving Size 1 cup (128.53g)

Servings Per Container 10

**Amount Per Serving**

**Calories** 60      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 15g      **5%**

Dietary Fiber <1g      **3%**

Sugars 12g

**Protein** <1g      **1%**

Vitamin A 2%      •      Vitamin C 60%

Calcium 4%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.