July 20- Strawberry Slushie
Smart Snack
Link:

**Recipe**
*Ingredients:*
1 cup frozen strawberries
1 cup ice cubes
1 ½ cups plain seltzer water
½ cup orange juice
3 Tablespoons reduced-sugar strawberry preserves

Directions:
1. In a blender puree strawberries, ice cubes, seltzer, orange juice and preserves. Serve in glasses.

Yield 2 servings

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>90</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Calcium</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>0g</td>
<td>0g</td>
<td>0%</td>
<td>0%</td>
<td>0mg</td>
<td>0mg</td>
<td>21g</td>
<td>2g</td>
<td>16g</td>
<td>&lt;1g</td>
<td>2%</td>
<td>120%</td>
<td>2%</td>
<td>2%</td>
</tr>
</tbody>
</table>

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