



## 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**

Serving Size 1.5 cups (428.37g)

Servings Per Container 2

**Amount Per Serving**

**Calories** 90      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      1%

**Saturated Fat** 0g      0%

**Trans Fat** 0g

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 21g      7%

**Dietary Fiber** 2g      6%

**Sugars** 16g

**Protein** <1g      2%

Vitamin A 2%      •      Vitamin C 120%

Calcium 2%      •      Iron 2%

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