



## June 12- Fruit Juice Slush

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-juice-slush>

### Recipe

*Ingredients:*

- 1 can fruit juice concentrate
- 12 ounces 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.

Yield 6 servings

### Nutrition Facts

Serving Size 1 cup (56.7g)  
Servings Per Container 6

**Amount Per Serving**

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

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

*Trans* Fat

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 23g      **8%**

Dietary Fiber 0g      **1%**

Sugars 21g

**Protein** 0g      **0%**

Vitamin A 0%      •      Vitamin C 150%

Calcium 0%      •      Iron 0%

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