



May 31- Fruit Slush

Smart Snack

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

Recipe

Ingredients:

- 2 ²/₃ cup cantaloupe or watermelon
- 1 ²/₃ cup kiwi
- 2 Tablespoons sugar
- 2 Tablespoons lime juice
- 2 cups water
- Ice

Directions:

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Yield 4 servings

Nutrition Facts

Serving Size 1/4 recipe (192.27g)
Servings Per Container 4

Amount Per Serving

Calories 110 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 8%

Sugars 21g

Protein 2g 3%

Vitamin A 15% • Vitamin C 150%

Calcium 2% • Iron 2%

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