



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.