

Fruit Juice Slush

Yield 6 servings

Ingredients

1 can	fruit juice concentrate (12 ounce, 100%)
12 ounces	water
3 cups	ice

Instructions

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.

Cost

Per recipe: \$0.93
Per serving: \$0.15

Source

University of Hawaii at Manoa, Cooperative Extension, [Lifeskills in Food Education Food Skills Cookbook](#)
[Food Stamps Nutrition Education Program](#)

Notes

Use any flavor of juice concentrate. If slush is too thick add more water.

Nutrition Facts

Serving Size 1 cup prepared slush,
1/6 of recipe (156g)
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 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 22g **7%**

Dietary Fiber 0g **0%**

Sugars 21g

Protein 1g

Vitamin A 4% • Vitamin C 130%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4