

Fruit Juice Slush

Ingredients:

12 ounces frozen concentrated orange juice, or any other 100% fruit juice concentrate
 1 1/2 cups water
 3 cups ice

Equipment:

Blender
 Measuring Cups

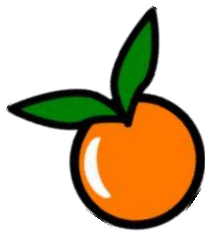
Number of Servings: 6
 Prep Time: 5 minutes
 Total time: 5 minutes

Directions

In a blender, place juice concentrate, water and half of ice, being careful to not overfill the blender container.

Blend while gradually adding remaining ice. Serve.

Note: Use any flavor



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Nutrition Facts

Serving Size: 1 cup

Servings: 6

Amount Per Serving

Calories 90 Calories from Fat 1

%Daily Value*

Total Fat trace **0%**

Saturated Fat trace **0%**

Cholesterol 0mg **0%**

Sodium 7mg **0%**

Total Carbohydrate 22g **7%**

Dietary Fiber 0g **0%**

Protein 1g **3%**

Vitamin A 3% Vitamin C 145%

Iron 1% Calcium 2%

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

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