

Fruit Juice Slush

Blending your favorite fruit juice concentrate with ice and water will give you a quick and refreshing drink on a warm day.

Makes: 4 servings glass of fruit juice slush

Ingredients

- 12 fluid ounces 100% fruit juice frozen concentrate
- 12 fluid 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.

Note: Use any flavor of 100% juice concentrate. If slush is too thick, add more water.

Recipe from: *Lifeskills in Food Education*, Food Skills Cookbook, University of Hawaii at Manoa Cooperative Extension, Food Stamps Nutrition Education Program, adapted by the USDA Food and Nutrition Administration.

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