



# Fruit Slushies

Servings per recipe: 4 servings

Serving size: 4 ounces

[kideatscooking.org](http://kideatscooking.org)

## Ingredients

**1 cup** fresh or frozen strawberries  
or 1 slice of watermelon

**1 cup** of orange juice or other  
100% fruit juice

**½ cup** ice

## Tools

1 electric blender or food  
processor

1 wooden spoon or plastic spatula

1 plastic knife

1 large plastic cup

1 measuring cup

5 paper cups

5 plastic spoons or straws

## Directions

*Wash hands and make sure utensils and countertops are clean.*

1. If using fresh strawberries, rinse under cold running water.
2. Remove stem and leaves and cut strawberries in half. Younger children can use a plastic knife for this step if desired.
3. Put strawberries (or watermelon) and juice into blender.
4. Add ice to blender.
5. Blend at low speed until smooth.
6. Pour fruit slushie into cups.

*Enjoy with a spoon or drink with a straw!*



### Tip:

Put leftover fruit slushies into paper cups to freeze for a quick, cool snack

### Nutritional Analysis (per serving)

Calories: 40.3 kcal  
Fat: 0.2 g  
Saturated  
Monounsaturated  
Carbohydrates: 9.4 g  
Fiber: .9 g  
Sugar: 7.1 g  
Protein: 0.7 g

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