



Fruit Slushie in a Bag

Servings: 1

Ingredients:

1/2 cup 100% fruit juice

**Note: Consider using different varieties and blends of 100% juice to try.

Directions:

1. Take 1 quart-sized freezer bag.
2. Add 1/2 cup fruit juice to the quart-sized freezer bag.
3. Seal your quart-sized freezer bag.
4. Add ice and salt to the gallon-sized freezer bag.
5. Place the quart-sized bag inside a gallon-sized freezer bag.
6. Seal the gallon-sized bag.
7. Shake for 5 minutes or until the juice begins to freeze.

Additional supplies needed:

1. 1 quart sized freezer bag
2. 1 gallon sized freezer bag
3. 2 Tablespoons table or rock salt
4. 1/2 cup crushed ice

Nutrition Facts

Serving Size 1/2 cup (118g)
Servings Per Container 1

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 17g	

Protein 0g

Vitamin A 0% • Vitamin C 70%
Calcium 0% • Iron 0%

*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

