

Pink Slushy

Makes 6 servings

Ingredients

- 1 packet (0.23 oz) unsweetened pink lemonade powder
- ½ cup sugar
- 2 cups water
- 16 ice cubes

Directions

1. Add all ingredients into a blender. Blend on high. If all the ice does not fit at first, blend until there is room to add more ice
2. Immediately pour mixture into glasses and garnish with berries or mint leaves.
3. Enjoy on a warm summer day or night.

*Option not included in nutrition facts.



TIP

Use an artificial sweetener if you are watching your carbohydrates and sugar intake.*

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

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Nutrition Facts

Serving Size 1 cup slushie (154g)
Servings Per Container 6

Amount Per Serving

Calories 70 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 17g **6%**

Dietary Fiber 0g **0%**

Sugars 17g

Protein 0g

Vitamin A 0% • Vitamin C 10%

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1