

Happy Kitchen

Fresh Fruit Slushies



Ingredients: (makes 1 slushy)

- 1/2 cup fresh fruits of your choice (diced and peeled)
- 1/3 cup ice cubes
- 1 – 3 tbsp. water (depending on how much liquid is in the fruit)

Instructions:

1. Combine all ingredients in a high powered blender.
2. Blend until ice is crushed but not completely pureed.
3. Serve immediately.