RECIPE

Plum Slushy

Cool off with this simple, naturally sweet Plum Slushy! Fresh plums blend into a frosty treat that's bursting with flavor — no added sugar needed.

Makes: 2 Servings
Prep Time: 5 minutes
Cook Time: 0 minutes

Source: UMass Extension

Ingredients

- 3 fresh plums, pitted, peeled, and chopped
- ¼ cup blueberries, fresh or frozen
- ¼ cup 100% apple juice
- 1 handful ice cubes

Directions

1. Wash and prepare fruit
2. Combine all ingredients in a blender and blend until smooth, about 3 minutes
3. Serve immediately

Small Changes, BIG Difference!

Fruits

ChooseMyPlate.gov

Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories:	70
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	0 mg
Total Carbohydrates:	17g
Dietary Fiber:	2g
Total Sugars:	12g
Added Sugars:	0g
Protein	0g

Utensils Needed

- Measuring cups
- Blender

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This institution is an equal opportunity provider.
SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.