



## Mango Pineapple Slush

*For a tropical twist, add a few drops of coconut extract to this recipe.*

**Makes 6 servings. 1 cup per serving. | Prep time: 5 minutes | Chill time: overnight**

**3 cups fresh or frozen mango  
cubes, thawed**

**2 cups 100% pineapple juice**

1. Put mango in a blender container and cover with a tight fitting lid.
2. Blend until smooth. Add pineapple juice and stir.
3. Pour into a plastic or glass dish (freezer safe), cover and freeze overnight or until very firm.
4. Scrape the mixture with a fork until fluffy. Freeze again and then scrape with a fork. Mixture may be frozen again or served immediately.

**Strawberry  
Pineapple  
Lemonade**

**Nutrition  
information  
per serving:**

Calories

160

Carbohydrate

40 g

Dietary Fiber

2 g

Protein

2 g

Total Fat

1 g

Saturated Fat

0 g

Trans Fat

0 g

Cholesterol

0 mg

Sodium

10 mg

**Mango Pineapple  
Slush**

**Nutrition  
information  
per serving:**

Calories

210

Carbohydrate

46 g

Dietary Fiber

5 g

Protein

4 g

Total Fat

3 g

Saturated Fat

1.5 g

Trans Fat

0 g

Cholesterol

10 mg

Sodium

130 mg

