

**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



Strawberry Pineapple Lemonade

This frothy, fruity lemonade is a perfect treat for big and small kids!

Makes 4 servings. $1\frac{1}{2}$ cups per serving. | Prep time: 5 minutes

4 cups 100% pineapple juice

2 cups sliced fresh or frozen
strawberries

$\frac{1}{4}$ cup fresh lemon juice

$\frac{1}{2}$ cup water

Ice

1. Put all ingredients except ice in a blender container; cover with a tight fitting lid, and blend until mixture is smooth.
2. Pour into glasses over ice cubes and serve.

