



Pineapple Mango Slushie

Serves: 8 servings

Active time: 3 minute

Total time: 5 minutes

Ingredients

2 cups mango chunks
1 cup pineapple chunks, frozen
1 cup ice water
¼ teaspoon vanilla extract (optional)
1 cup fresh orange juice



Directions

- Place all ingredients in a blender and puree until smooth. If needed, turn off blender a few times and use rubber spatula to scrape contents from sides and back into blender cup.

Note: This can also make popsicles by freezing and blending it at dessert tie for a healthy sorbet.

NUTRITIONAL DATA PER SERVING (2/3 cup): calories 66.72 | fat 0.22g | saturated fat 0.04g | cholesterol 0mg | sodium 2.25mg | carbohydrates 16.59g | fiber 1.08g | sugars 14.6g | protein 0.67g