



## FRUIT SLUSH #3

**Yield:** 6 cups

**Ingredients:**

- 1 (6-ounce) container lowfat or fat free vanilla yogurt
- 2 cups fresh fruit
- 3 cups ice

**Directions:**

1. In a blender, PLACE yogurt and fresh fruit.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING ice. SERVE.

**Variations:**

Use any 100% frozen juice concentrate  
 Use any fresh, canned, or frozen fruit.  
 Use any flavor yogurt.  
 If slush is too thick, add water.

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**

## MILK SMOOTHIE – DEMO VERSION

**Yield:** 7.5 cups (1 serving = 1 cup)

**Ingredients:**

- 1 (12-ounce) can 100% frozen juice concentrate (white grape OR apple)
- 3 cups lowfat or nonfat milk
- 1 (16-ounce) bag frozen fruit (strawberry OR peach)
- 2 ripe bananas

**Directions:**

1. In a blender, ADD half of juice concentrate and gradually BLEND in half of milk.
2. Gradually, ADD and BLEND half of frozen fruit and 1 banana.
3. To prevent spillovers, DO NOT pass the top line of blender. SERVE.
4. REPEAT steps 1 to 3 with remaining ingredients.

## MILK SMOOTHIE #1

**Yield:** 5 cups

**Ingredients:**

- 1 cup water
- 2 cups of fresh fruit
- 1 cup nonfat powdered milk
- 3 cups ice

**Directions:**

1. In a blender, ADD water and gradually BLEND in powdered milk.
2. ADD fruit and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

**Variations:**

Two cups of liquid/fluid milk may be used in place of powdered milk and water.

## MILK SMOOTHIE #2

**Yield:** 4 cups

**Ingredients:**

1 cup 100% frozen juice concentrate  
1 cup fresh fruit  
1/2 cup nonfat powdered milk  
2 cups ice

**Directions:**

1. In a blender, ADD juice and gradually BLEND in powdered milk.
2. ADD fruit and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

**Variation:** One cup of liquid/fluid milk may be used in place of powdered milk. Reduce ice to 1 cup.

## MILK SMOOTHIE #3

**Yield:** 6 cups

**Ingredients:**

1 (12-fluid ounce) can 100% frozen juice concentrate  
3/4 cup water  
1/2 cup nonfat powdered milk  
3 cups ice

**Directions:**

1. In a blender, ADD juice and gradually ADD water.
2. Gradually, ADD and BLEND in powdered milk.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

**Variations:**

One cup of liquid/fluid milk may be used in place of powdered milk and water.

## FRUIT SLUSH #1

**Yield:** 6 cups

**Ingredients:**

1 (12-fluid ounce) can 100% frozen juice concentrate  
1 (12-fluid ounce) can water  
3 cups ice

**Directions:**

1. In a blender, PLACE juice concentrate, water, and half of ice.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING remaining ice. SERVE.

## FRUIT SLUSH #2

**Yield:** 6 cups

**Ingredients:**

1 (12-fluid ounce) can 100% frozen juice concentrate  
2 cups of fresh fruit  
5 cups ice

**Directions:**

1. In a blender, PLACE frozen juice concentrate and fresh fruit.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING ice. SERVE.

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**