

## Tiki's Frozen Fruit Slushies

### Ingredients:

- $\frac{3}{4}$  cup strawberries
- 1 large can crushed pineapple in its own juice
- 5 bananas cut into cubes
- 12 ounces frozen 100% orange juice concentrate
- $\frac{1}{2}$  cup water

### Directions:

1. Wash strawberries and cut off tops.
2. Peel banana and cut into cubes.
3. Add canned pineapple, strawberries, and bananas to mixing bowl.
4. Mix together.
5. Freeze in small paper cups.
6. Serve partially defrosted.

### Nutrition:

- This recipe makes 10 servings.
- Each serving counts as 1 fruit.

### Safety:

- Keep your fingers curled under when using the knife to avoid cutting your fingers.
- Do not plug the blender in until the blender lid is on tightly and the blender container is on the blender.
- Do not open the blender container while the blender is blending or plugged in.
- Unplug the blender before removing the blender container.

Source: Centers for Disease Control

