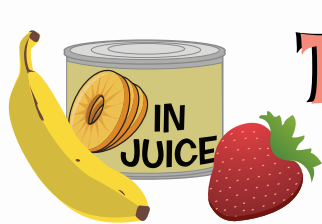


Fruit



Tiki's Frozen Fruit Slushies



Perfect for
the beach or
by the pool!

Ingredients:

- 3/4 cup strawberries
- 1 large can crushed pineapple in juice
- 5 bananas cut into cubes
- 12 oz frozen 100% orange juice concentrate
- 1/2 cup water

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.

Directions:

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

Nutrition:

Recipe makes 10 servings
Each serving counts as 1 fruit

Recipe approved by the Centers for Disease Control

from the kitchen of
Playnormous

