

Blueberry Mint Slushies

Publix Aprons Simple Meals

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Servings: 4

1 (one cup) ripe mango, seeded, peeled and coarsely chopped

1 cup blueberries

2 teaspoons snipped fresh mint

(optional)

1 cup small ice cubes OR crushed ice

1/2 cup pomegranate juice

3/4 cup lime-flavored sparkling water

In a blender, combine the mango, blueberries, mint (if desired), ice and juice.

Cover and blend until smooth.

Fill the glasses 3/4 full. Top each with sparkling water and stir.

Serve immediately.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 38 Calories; trace Fat (3.7% calories from fat); trace Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	38	Vitamin B6 (mg):	.1mg
% Calories from Fat:	3.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	92.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	6mg	Vegetable:	0

Potassium (mg): 96mg
Calcium (mg): 6mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 5mg
Vitamin A (i.u.): 36IU
Vitamin A (r.e.): 3 1/2RE

Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 38 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	1%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrates	9g	3%
	Dietary Fiber 1g	4%
Protein	trace	

Vitamin A	1%
Vitamin C	8%
Calcium	1%
Iron	2%

** Percent Daily Values are based on a 2000 calorie diet.*