

Orange-Banana-Cinnamon Slushie

*J. M. Hirsch - Associated Press
Palm Beach Post*

Servings: 2

*3 cups lightly crushed ice
1 cup no-pulp orange juice
2 bananas
1/2 cup agave syrup or honey
1/2 teaspoon cinnamon
pinch salt*

Combine all of the ingredients in a blender.

Puree' until smooth.

Serve immediately.

You want about three cups of ice to two to three cups of liquid/ other ingredients. This ensures an icy but smooth consistency and help keeps from jamming the blender.

Sugar is best for consistency. While you could use an alternative sweetener to cut calories, the result will be watery.

Skip the seeds and avoid fresh or frozen berries. Slushies are all about being chilly and smooth. You can use juice concentrates such as cherry or pomegranate.

Don't forget the pinch of salt. It heightens the other flavors.

Per Serving (excluding unknown items): 110 Calories; 1g Fat (4.2% calories from fat); 1g Protein; 28g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 2 Fruit; 0 Fat.