

Betty's Fruit and Lemonade Slushie



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In this video, Betty demonstrates how to make a Fruit and Lemonade Slushie. The lemonade is sugar-free (if you desire), and the fruit may be varied to suit your taste.

Ingredients (for 1 large slushie):

¼ cup cold lemon juice (I used Realemon, which is 100% lemon juice from concentrate.)

¼ cup cold water

½ cup sugar or sugar substitute (I used Stevia.)

2 cups cold water

about 2 cups of frozen fruit, as desired (I used one sliced banana and an equal amount of halved strawberries and an equal amount of blackberries—all frozen in pieces, for about 6 hours or longer.)

Make concentrated lemonade syrup by combining ½ cup lemon juice, ¼ cup water, and ½ cup sugar or sugar substitute. You may refrigerate this and use it to make lemonade by the glass by just adding 2 or 3 tablespoonfuls to ice and cold water, to taste. For making the Fruit and Lemonade Slushie, make lemonade by adding all of the concentrated lemonade syrup to 2 cups of cold water and set aside. Place frozen banana slices, frozen strawberry halves, and frozen blackberries in a blender. Add 1 cup of prepared lemonade. With the lid on the blender, pulse the frozen fruits and lemonade until the mixture is thick and smooth. If you like it thinner, just blend in more lemonade. You will need to use a spatula to loosen the fruit and lemonade mix a few times during the blending process. When the slushie is at the consistency you like, pour it into a large glass, add a slushie straw and/or iced tea spoon and serve. This is a great way to get fruits into your diet without adding any extra sugar, if you are using a sugar substitute. Enjoy!!! --Betty :)