

# Plum Slushy

Cool off with this simple, naturally sweet Plum Slushy! Fresh plums blend into a frosty treat that's bursting with flavor – no added sugar needed.

Makes: 2 Servings  
 Prep Time: 5 minutes  
 Cook Time: 0 minutes

Source: UMass Extension

## Ingredients

- 3 fresh plums, pitted, peeled, and chopped
- ¼ cup blueberries, fresh or frozen
- ¼ cup 100% apple juice
- 1 handful ice cubes

## Directions

1. Wash and prepare fruit
2. Combine all ingredients in a blender and blend until smooth, about 3 minutes
3. Serve immediately



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories:	70
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	0 mg
Total Carbohydrates:	17g
Dietary Fiber:	2g
Total Sugars:	12g
Added Sugars:	0g
Protein	0g

## Utensils Needed

- Measuring cups
- Blender



# SHOPPING LIST

Average total cost without oil and seasonings: \$7.22

Average cost/serving: \$3.61

Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 3 to Cart  
Plums



Add 1 to Cart  
Apple Juice



Add 1 to Cart  
Blueberries

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Use ripe plums for the sweetest flavor – no need to add extra sugar.
- Frozen fruit can replace fresh to make this recipe even faster and frostier.
- Try other fruit combinations like peach-blueberry or strawberry-plum.

