

Preventing Women's Heart Disease Through Education



CAROL For Heart

Two-Way Mixed Fruit Freeze

Servings: 4

2 cups pineapple-orange juice

1 pound frozen mixed melon or mixed fruit

1 cup lemon-lime soda or 1 tablespoon sugar and ¼ cup lemon juice

- In a blender or food processor, blend pineapple-orange juice and mixed melon or mixed fruit until smooth.
- Slowly add lemon-lime soda or sugar/lemon juice, blending until smooth
- Serve immediately as a beverage or seal in a large air-tight plastic bag and lay bag flat in freezer until semisoft; about 1 hour

Cook's Tip on Freezing Liquids: Laying a bag of liquid flat in the freezer helps the liquid freeze faster.

Recipe from American Heart Association cookbook: Meals In Minutes

Per Serving (excluding unknown items): Calories: 47; Protein: 1g; Carbohydrates: 11g; Cholesterol: 0mg; Total Fat: 0g; Saturated Fat: 0g; Polyunsaturated: 0g; Monounsaturated: 0g; Fiber: 0g; Sodium: 19mg