

Mango Slushy With a Kick!

Makes 6 servings

Ingredients

- 2 cups ice cubes
- 2 large mangos, diced
- 1 cup water
- 1 ½ cups coconut water
- ⅔ cup freshly squeezed lime juice
(about 5 to 6 limes)
- ¼ teaspoon ground cayenne pepper
- 1 tablespoon honey
- ½ teaspoon apple cider vinegar

Directions

- i. Combine all ingredients in a blender. Blend until slushy. Pour into glasses and enjoy!



APPETIZER OR SNACK



TIP

Leftover slushy? Freeze it in an ice cube tray to liven up your next glass of water.

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

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nutr-ah-58840 (3/19)

Nutrition Facts

Serving Size 1 cup (315g)
Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat 5**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 33g **11%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 0g

Vitamin A 60% • Vitamin C 45%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: coconut

Carb choices per serving: 2