

Kids in the Kitchen



CF POWER SLUSHIE

INGREDIENTS

- 1 1/2 to 2 cups chopped fresh fruit
- 1 cup ice (plus extra as needed)
- 1/4 cup sparkling water, coconut water, or electrolyte drink
- 2–4 tbsp full-fat Greek yogurt or coconut cream
- 1 tbsp honey or maple syrup (optional for extra energy)
- Pinch of sea salt

MORE FLAVOR COMBINATIONS

- Tropical Salted Mango: mango, lime, coconut water, pinch of salt
- Berry Boost: strawberries, blueberries, Greek yogurt, basil
- Watermelon Mint Refresher: watermelon, mint, lime, electrolyte water
- Creamy Peach Vanilla: peaches, vanilla, yogurt, honey
- Pineapple Ginger Power Slush: pineapple, ginger, coconut cream

DIRECTIONS

1. Prep the fruit
2. Wash and chop fruit into blender-friendly pieces. Remove pits if needed.
3. Blend everything together
4. Add fruit, ice, liquid, yogurt or coconut cream, and any flavor add-ins to a blender.
5. Blend until slushy and smooth
6. Blend on high until icy and creamy. Add extra ice for a thicker texture or more liquid if needed.
7. Add honey for sweetness, lime for brightness, or a little more salt after heavy activity or time outdoors.
8. Serve immediately

MODIFICATIONS

- For healthy fats: add avocado
- For extra nutrients: chia seeds or flax
- For recovery: protein powder
- For added flavor: include fresh mint, basil, ginger, lime, lemon, or vanilla

