

# Strawberry-Ginger-Limeade Slushies

*J. M. Hirsch - Associated Press  
Palm Beach Post*

## **Servings: 2**

*3 cups lightly crushed ice  
1 cup water  
1 cup seedless strawberry jam  
1/4 cup lime juice  
1 tablespoon fresh ginger, grated  
pinch salt*

Combine all of the the ingredients in a blender.

Puree' until smooth.

Serve immediately.

*You want about three cups of ice to two to three cups of liquid/ other ingredients. This ensures an icy but smooth consistency and help keeps from jamming the blender.*

*Sugar is best for consistency. While you could use an alternative sweetener to cut calories, the result will be watery.*

*Skip the seeds and avoid fresh or frozen berries. Slushies are all about being chilly and smooth. You can use juice concentrates such as cherry or pomegranate.*

*Don't forget the pinch of salt. It heightens the other flavors.*

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Per Serving (excluding unknown items): 10 Calories; trace Fat (3.3% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.