



Sparkle Kitchen

Strawberry Slushies

Ingredients:

- 2 10-oz bags of frozen strawberries
- 1 cup frozen peaches
- 1 cup frozen bananas
- 2 cups unsweetened almond milk (or milk of choice)
- 3/4 cup maple syrup

Directions:

Place all of the ingredients into a blender, and blend! Use a spatula to mix between blending-session, so all of the fruit is fully blended.

Spoon into cups or small bowls, and serve! (Makes 8 generous portions.)

Enjoy!