

Fruit Slushies

(Serves 4)

1 cup	Diced fresh Hawaii fruit*
1 cup	Soy milk or fruit juice
1 cup	Sparkling water
6	ice cubes

1. Dice fresh fruits into chunks
2. Combine all the ingredients in blender and whiz until smooth

*Hawaii orange, pineapple, water melon, honey dew melon, strawberry etc.

Fruit Smoothies

(Serves 4)

1 cup	Diced fresh Hawaii fruit or berries
$\frac{3}{4}$ cup	Low fat vanilla yogurt
1 cup	Vanilla or plain soy milk
6	Ice cubes

1. Dice fresh fruits into chunks
2. Combine all the ingredients in blender and whiz until smooth

*Hawaii orange, pineapple, water melon, honey dew melon, strawberry etc.