**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.

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**Fruit Smoothies**  
(Serves 4)

1 cup  Diced fresh Hawaii fruit or berries
¾ 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.