



## Lemon, Mint and Ginger Slush

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**Preparation Time:** 10-15 minutes

**Equipment:** Blender

### Ingredients:

#### 6 servings

2/3 cup (160 ml) maple syrup  
3 cups (750 ml) water  
1 1/2 cups lemon juice, approximately 8 lemons  
5 cups (1.25 L) ice  
1 1/2 cups (38 g) mint leaves  
1 tbsp (18 g) fresh grated ginger

#### 24 servings

2 cups + 2/3 cup (660 ml) maple syrup  
12 cups (3L) water  
6 cups lemon juice, approximately 32 lemons  
20 cups (5 L) ice  
6 cups (152 g) mint leaves  
4 tbsp (72 g) fresh grated ginger

### Directions

1. Combine all ingredients into a blender, and blend until all the ice has been crushed, about 4 minutes. For 24 servings you will need to blend in batches.

### Tips:

- 1) If creating the 24 serving size, it is best to split the blending process into 4 separate blends as there is not enough room in the blender.
- 2) For a fun twist try adding other fibrous fruit like blackberries, strawberries or raspberries.

### Nutrition Information:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 1/2 cups (375 mL)	
par 1 1/2 tasses (375 mL)	
<b>Calories 110</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 0.2 g</b>	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0 g	
<b>Carbohydrate / Glucides 29 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 23 g	23 %
<b>Protein / Protéines 0.5 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 20 mg</b>	1 %
Potassium 175 mg	4 %
Calcium 75 mg	6 %
Iron / Fer 0.4 mg	2 %
Vitamin A / Vitamine A 10 mcg	1 %
Vitamin C / Vitamine C 26 mg	29 %
Vitamin E / Vitamine E 0.1 mg	1 %
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b>	
*5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

**Intro:** Slushies are not only the embodiment of refreshing, but are also reminiscent of playful childhood summers. This ginger laced version of the childhood favourite beverage is very easy to drink and contains piles of electrolytes, phytonutrients, antioxidants that aid in hydration, bowel motility, nausea and disease prevention and management.

**Symbols:** good for bowel motility, nausea and fatigue, kid friendly, good for summer, easy to swallow, nut free, soy free

**Functional foods present:** citrus fruit (lemons), ginger, leafy greens (mint)

**Examples of phytonutrients and anti-oxidants present:** carotenoids (leafy greens), vitamin C (citrus fruit), gingerols (ginger)