

Serves: 6 • Serving size: ¼ cup

12+
minutes

PREP: 10 minutes

COOK: 2 minutes, 30 seconds

Icy Cone SYRUP

5 oz./140 g fresh or frozen fruit, depending on desired color and flavor
1¼ cups water, divided
1 cup sugar
⅛ tsp. salt

1. Stir together fruit, 1 cup water, sugar and salt in 2-cup/500 mL Micro Pitcher. Microwave on high power 2 minutes, 30 seconds. Remove from microwave, let stand 5 minutes or until fruit is soft.
2. Transfer mixture to base of Power Chef® System fitted with blade attachment. Cover and pull cord to puree.
3. Strain mixture into Squeeze It™ Bottle.

Nutritional Information (per serving): Based on strawberries
Calories: 90 Total Fat: 0g Saturated Fat: 0g Cholesterol: 0mg
Carbohydrate: 26g Sugar: 25g Fiber: 0g Protein: 0g Sodium: 50mg
Vitamin A: 0% Vitamin C: 25% Calcium: 0% Iron: 0%

TO DEMO



Power Chef® System

OPTIONAL



Micro Pitcher Set



Measuring
Cups



Measuring
Spoons



Silicone
Spatula



Squeeze It™
Bottle



date
me

Tupperware®