

**Our Laziest, Most Delicious Dinners Ever (Ready in 30 Minutes or Less)**[RECIPES](#) > [BEVERAGES](#)By [Gina Eykemans](#)

Updated Aug 30, 2022

SUMMER

Credit: [Gina Eykemans](#)

News flash, everybody: *Summer is hot*. I always seem to forget how hot it gets here in California, until it happens. The temperature starts to creep into the high 90s and I start to panic. It's that *how many layers of clothes can I remove in this social situation and still remain decent?* sort of panic.

a make some slushies? They  
der, made with real fruitSave this recipe to  
Box — and keep it  
want to coc[JUMP TO  
RECIPE](#)[EMAIL TO  
ME](#)[SAVE](#)**MAKES**  
1 slushie

We *independently* select these products—if you buy from one of our links, we may earn a commission. All prices were accurate at the time of publishing.

Advertisement - Continue Reading Below

By clicking "Accept All Cookies", you agree to the storing of cookies on your device to enhance site navigation, analyze site usage, and assist in our marketing efforts.

[Cookies Settings](#)[Accept All Cookies](#)

I've come up with a solution to cool things down: How about we make some slushies? They're easy to whip up in a [blender](#), made with real fruit, and best of all, *ice cold*.



(Image credit: [Gina Eykemans](#))

When I was a teenager, I used to drive my crop-top-sporting, bedazzled-shorts-wearing self to 7-11 and dish myself out a Cherry-and-Cola Big Gulp. The red and brown ice would mix together into a dark brown sugar rush.

But as I get older, I find that I can tolerate sugar less and less. I have a feeling that if I tried to suck down a Big Gulp now, my heart might explode. But this doesn't stop the urge for one of my favorite [summer treats](#)! I had to create a slushie that didn't make me feel like I was about to have a heart attack.

It all started with this [Watermelon & Mint Slushie](#). Since then I've been experimenting with all kinds of fruits and flavor combos in order to bring you a formula that you can

Advertisement - Continue Reading Below

## Coming Up with Different Fruity Creations

Advertisement - Continue Reading Below

By clicking "Accept All Cookies", you agree to the storing of cookies on your device to enhance site navigation, analyze site usage, and assist in our marketing efforts.

[Cookies Settings](#)

[Accept All Cookies](#)

My favorite part in this process is thinking of fun and creative add-ins once you've got your fruits picked out for your base. You can just add a few herbs for a flavor pop, some honey to sweeten the deal, or a bit of citrus to give it a kick! I'm sure you can think of countless other combos, but I give a few of my favorite add-ins at the end of the recipe below.

All right, let's get our slushie on!

By clicking "Accept All Cookies", you agree to the storing of cookies on your device to enhance site navigation, analyze site usage, and assist in our marketing efforts.

[Cookies Settings](#)

**Accept All Cookies**

★★★★★ (15)

[READ REVIEWS!](#)

# How To Make Fruit Slushies

**MAKES**  
1 slushie

## INGREDIENTS

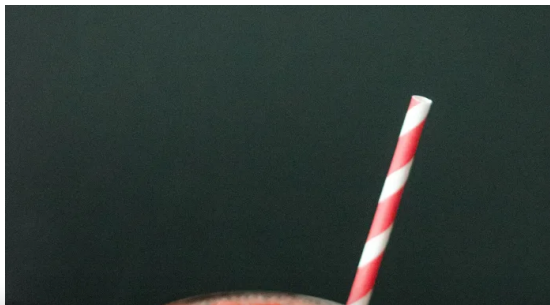
- 1 1/2 to 2 cups chopped fresh fruit
- 1 cup ice (plus extra, depending on the type of fruit used)
- 1/4 cup sparkling water
- Extra herbs, spices, or other ingredients for flavoring (see Recipe Note)

[SHOP RECIPE](#)

## EQUIPMENT

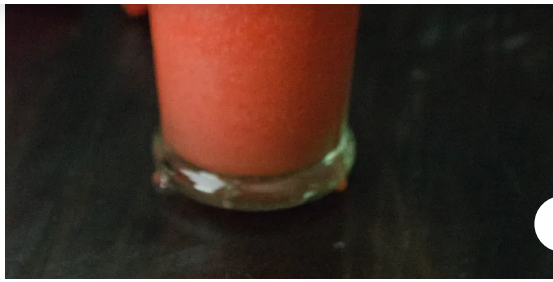
- Cutting board
- Knife
- Measuring cup
- High-powered blender (or blender strong enough to crush ice)

## INSTRUCTIONS

[SHOW IMAGES](#)

By clicking "Accept All Cookies", you agree to the storing of cookies on your device to enhance site navigation, analyze site usage, and assist in our marketing efforts.

[Cookies Settings](#)[Accept All Cookies](#)



1 / 7

Let's make slushies! (Image credit: [Gina Eykemans](#))

the chopped fruit with 1 cup of ice and the sparkling water in a high-powered blender. If you're using any flavoring extras, like mint or lemon juice, add them now.

- 3 **Blend on high until the mixture is the consistency of a slushie:** Blend on high speed until the ice is completely crushed and the fruit is blended. Check the texture and add more ice or more fruit as needed to reach your desired slushie consistency. If the type of fruit you're using has more water in it (such as watermelon), it might affect the amount of ice needed. The ratio of 1 1/2 cups fruit to 1 cup ice is a really great jumping-off point.
- 4 **Pour into a glass and drink it up!** Slushies are best if sipped right away! They will lose their slushie-like consistency the longer you wait.

## RECIPE NOTES

### Ideas for Slushie Add-ins!

You don't need much to make the flavor pop. If you're using herbs, a leaf or two will do. If you like things sweet, consider a tablespoon of honey!

- *Mint*: Pairs wonderfully with watermelon and other tropical fruits.
- *Basil*: Gives a lovely punch to berries!
- *Honey*: Adds some extra sweetness, especially with tart fruits.
- *Lime*: Fantastic with mango and pretty much everything!
- *Lemon*: Gives a bit of a frozen lemonade feel to any slushie.
- *Vanilla*: I added this to my mango slushie and it was heavenly!
- *Ginger*: If you love ginger as much as I do, it goes with everything.

## NUTRITIONAL INFO

## VIEW

## Featured In



By clicking "Accept All Cookies", you agree to the storing of cookies on your device to enhance site navigation, analyze site usage, and assist in our marketing efforts.

[Cookies Settings](#)
[Accept All Cookies](#)

[READ THE 15 REVIEWS](#)

[EASY](#)

[HEALTHY LIVING](#)

[HOW TO](#)

By clicking "Accept All Cookies", you agree to the storing of cookies on your device to enhance site navigation, analyze site usage, and assist in our marketing efforts.

[Cookies Settings](#)

[Accept All Cookies](#)