

Fresh Fruit Snow Cones

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Servings: 6 (1/4 Cup Puree, 1 Cup Shaved Ice Per Serving)

Treat yourself to a fruity snow cone without any artificial flavors or coloring. You can substitute other fruits to suit your taste buds. Try peaches, pineapple or blueberries.

Ingredients:

1 pound fresh strawberries
2 Tablespoons agave nectar
ice

Directions:

1. In food processor or blender, blend strawberries with agave until smooth. Pour purée in plastic squeeze bottle.
2. Shave ice (or use an inexpensive snow cone machine found at discount stores).
3. Serve strawberry purée on shaved ice

Nutrition Facts: Serving Size: ¼ cup puree & 1 cup shaved ice; Calories 45

Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 0mg; Total Carbohydrate 11g; Dietary Fiber 1g; Sugars 9g; Protein 1g