

## Banana Slush

Makes 20 servings

### Ingredients

- 4 cups of sugar
- 6 cups of boiling water
- 12 oz of frozen lemonade
- 48 oz of pineapple juice
- 12 oz of frozen orange juice
- 5 ripe bananas - crushed
- 2 lite 7-up

### Directions

- ℥ Dissolve and chill the sugar and water
- ℥ Add the next 4 ingredients
- ℥ Pour into a washed & cleaned ice cream bucket.
- ℥ Freeze
- ℥ Thaw 6 hours before using
- ℥ Place in punch bowl & chop up with large knife &/or wooden spoon
- ℥ Add 7-up before serving



Recipe courtesy of:  
Wally Job of Langley, BC.  
She has used this time-saving  
family-favourite since receiving  
the Hillcrest Christian College  
cookbook, back in the early  
1970s, from her mother-in-law.

263 Calories per serving

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