**FRUIT CRUSH SMOOTHIE • Version 1**

**INGREDIENTS**
- 1 cup mixed blend fruit juice, or juice flavor of choice
- 2 cups canned peaches, undrained, slices or halves

**INSTRUCTIONS**
1. The day before—Pour juice in ice cube trays or 2-3 small containers.
2. Cover and freeze overnight.
3. Day 2—In a blender, combine frozen juice cubes with peaches.
4. Pulse and blend until smooth.
5. Pour and enjoy.

Makes 4—6 oz (3/4 c) smoothies or 2—12 oz smoothies

**Other suggested combinations:**
Grape Juice + Pears  Orange Juice + Peaches  Apple Juice + Pineapple

**Experiment with different fruit and juice combinations.** Freezing the fruit or juice ahead of time gives a nice slushee consistency, or add some ice. The possibilities are endless:

- Fruits—Any fresh, frozen or canned
- Juices—Choose 100% juice varieties, rather than sweetened drinks
- Many folks also like to add milk and/or yogurt

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**FRUIT CRUSH SMOOTHIE • Version 2**

**INGREDIENTS**
- 2 cups canned peaches, undrained, slices or halves
- 1 cup mixed blend fruit juice, or juice flavor of choice

**INSTRUCTIONS**
1. The day before—Pour peaches along with juice into a 9x13 pan (or similar large shallow pan). Cover and freeze overnight.
2. Day 2—Use a fork to break up the frozen peaches into chunks.
3. In a blender, combine frozen peaches and juice. Pulse and blend until smooth.
4. Pour and enjoy.

Makes 4—6 oz (3/4 c) smoothies or 2—12 oz smoothies

**Other suggested combinations:**
Grape Juice + Pears  Orange Juice + Peaches  Apple Juice + Pineapple

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**FRUIT CRUSH SMOOTHIE • Version 3**

**INGREDIENTS**
- 2 cups drained canned peaches, slices or halves
- 1 cup ice cubes
- 1/4 cup juice concentrate, flavor of choice: mixed fruit, orange, grape, cranberry, other

**INSTRUCTIONS**
1. In a blender, combine fruit, ice and juice concentrate.
2. Pulse and blend until smooth.
3. Pour and enjoy.

Makes 4—6 oz (3/4 c) smoothies or 2—12 oz smoothies

**Other fruit options:**
Canned pears, pineapple, fresh or frozen strawberries, bananas, fruit cocktail, applesauce, apricots, blueberries

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*Make your own fresh, healthy smoothies at home.
Version 1 is the recipe you tasted tonight, but be sure to try all three of these recipes and decide which one is your family’s favorite.*