



Fruit Crush Smoothies

Rock the Bike Smoothie Recipes

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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.

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

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

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

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