Rock the Bike!

Crush It  Rock the Bike

Fruit Crush

Recipe

12 oz (3 - 4 oz cartons) Mixed Juice Blend, Frozen or only slightly thawed
2½ c (5 - #8 dips) Diced Peaches With Juice
Combine both ingredients in the blender. Cover. Pedal until blended, approximately 45 seconds. ENJOY!

Yield: 8 – 4 oz servings per batch (32 oz)

Allergens: None. Contains: Apple, grape, orange, pear, pineapple and peach Carbs: 14 g

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