

Rock the Bike!

Sponsored by LPS Nutrition Services

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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