# **Berry Blast Smoothie**

### 1 cup apple juice

¼ cup strawberry nectar

1 cup frozen fruit (raspberries, blueberries, etc.)

1 banana

½ cup raspberry sherbet

½ cup vanilla yogurt

2 cups ice

### Always pour liquids in first. Mix all ingredients together in blender until smooth and drinkable. Divide into cups and enjoy!

# **Cold Fusion**

## 1 can Kerns mango fruit nectar

## 1/2 cup sprite

## Ice to fill blender

### Always pour liquids in first. Mix all ingredients together in blender until smooth and drinkable. Divide into cups and enjoy!

# **Oreo Milkshake**

3 cups vanilla ice cream

6-8 Oreos

1 to 1 ½ cups milk

Always pour liquids in first. Mix all ingredients together in blender

until smooth and drinkable. Divide into cups and enjoy! (if you want Oreos to be chunky, add half at the beginning and then the other half and pulse to just break them up).

# **Peach Passion**

## 1 cup non-dairy creamer

## 1 1/2 cups canned cold peaches with juice

## 1/2 can Kerns peach fruit nectar

## 1/2 can frozen passion orange juice concentrate (Hawaiian’s own)

## Ice to fill blender

Always pour liquids in first. Mix all ingredients together in blender until smooth and drinkable. Divide into cups and enjoy!

# **Raspberry Razzle**

1/2 cup apple juice

1 1/4 cups raspberries, thawed

1 to 1 1/2 bananas

1/2 can frozen apple juice concentrate

Ice to fill blender

Always pour liquids in first. Mix all ingredients together in blender

until smooth and drinkable. Divide into cups and enjoy!

**Hot Fudge Sauce**

2 cups sugar

¼ cup cocoa

½ cup butter

1 cup corn syrup

½ cup milk

Mix all ingredients in a saucepan. Heat on medium high until the mixture boils. Boil for one minute. Cool slightly and serve over ice cream.