

# Springtime Smoothie Splash

## Ingredients

1 cup fresh pineapple (chopped into cubes)  
1/2 cup mandarin oranges (fruit cup)  
1 tangerine (peeled & separated)  
1/2 cup frozen peaches  
1/2 cup frozen fruit punch fruit juice

Serves 4

## Directions

Easy, simple, fun, fresh and good for you! Place fresh and frozen fruit into your blender. Add in the frozen fruit punch. Blend until everything is incorporated into a smoothie consistency. Pour, serve and enjoy!

VISIT  
RAISING  
CHEFS DOT  
COM **TODAY!**



[www.raisingchefs.com](http://www.raisingchefs.com)

Stop by the site anytime and be sure to sign up for our ***Fantastic Foody eNewsletter***, which features our "***Yum, Mini Menu Series***", and much more!

Raising Chefs is all about healthy cooking for a healthier family.

Raising Chefs believes in getting the entire family involved in the cooking process.

Raising Chefs wants to help bring back family bonding around the dinner table.

# Springtime Smoothie Splash

## Ingredients

1 cup fresh pineapple (chopped into cubes)  
1/2 cup mandarin oranges (fruit cup)  
1 tangerine (peeled & separated)  
1/2 cup frozen peaches  
1/2 cup frozen fruit punch fruit juice

Serves 4

## Directions

Easy, simple, fun, fresh and good for you! Place fresh and frozen fruit into your blender. Add in the frozen fruit punch. Blend until everything is incorporated into a smoothie consistency. Pour, serve and enjoy!

VISIT  
RAISING  
CHEFS DOT  
COM **TODAY!**



[www.raisingchefs.com](http://www.raisingchefs.com)

Stop by the site anytime and be sure to sign up for our ***Fantastic Foody eNewsletter***, which features our "***Yum, Mini Menu Series***", and much more!

Raising Chefs is all about healthy cooking for a healthier family.

Raising Chefs believes in getting the entire family involved in the cooking process.

Raising Chefs wants to help bring back family bonding around the dinner table.