

## Chunks O'Fruti® Fruit Smoothies and Cocktails



**Preparation Time:** 5 minutes

**Makes:** 3 Cups Smoothies or Cocktails

**Chunks O'Fruti® Fruit Bars** are not only **Great-Tasting**, and made with **Wholesome Ingredients-for-you**, but they are also **fresh** and **Versatile!**

Try our quick and easy recipes and discover new ways to enjoy the great taste of Fruti® frozen fruit bars as a satisfying snack, indulgent dessert, or decadent frozen cocktail!

**Wholesome Ingredients-for-You:** Fruit as the first ingredient with no added flavors. The best flavors and colors in these bars come from real fruit! Chunks O' Fruti® Fruit Bars are also vegan, gluten free, and excellent source of anti-oxidant Vitamin C, sure to add a satisfying sparkle to your day!

**Great-Tasting:** Chunks O' Fruti® Fruit Bars are bursting with flavor from the whole fruits we spread evenly throughout every bar!

**Versatile:** From eating bars on the go to quickly preparing a smoothie, to sitting on the back patio with a frozen cocktail, Chunks O' Fruti® are the delightful frozen fruit bars that can be served for a variety of different occasions.

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### Preparation Tip:

Allow bars to sit out for a couple of minutes to make it easier to break them apart into 1" chunks. Each blender is different; adjust speed as necessary to create desired consistency.

### Smoothie Ingredients

- 4 Chunks O' Fruti® frozen fruit bars
- 10 ozs of liquid (water, non fat yogurt, milk, soy milk)

### Spirited Cocktail Ingredients

- 4 Chunks O' Fruti® frozen fruit bars
- 10 ozs of liquid (4 ozs water, 6 ozs favorite spirit (tequila, rum))

1. Place Fruit bars on counter while setting up blender
2. Pour ½ liquid into blender
3. Break bars into 1" chunks for easy blending
4. Put ½ the fruit bars into liquid in the blender
5. Run blender on high until blended to desired texture
6. Put remaining fruit bars and liquid into blender-blend on high
7. Add 4-5 ice cubes, finish blending on high

**Once blended to desired consistency-pour and enjoy!**