



## Juice in Motion

1 serving

4-5 \*tempered\* ice cubes or ½ glass crushed ice

½ cup 100% pineapple juice

½ cup milk

½ cup 100% orange juice

½ teaspoon vanilla (optional)

1. Put ice in a heavy re-sealable plastic bag. Close the bag tightly and hit with rolling pin until ice is crushed.
2. Measure juices, milk and vanilla and put in a jar. Tighten the lid and shake the jar until all ingredients are mixed.
3. Pour juice mixture over ice in glass and serve immediately.

\*Tempered ice is that has set at room temperature 5-10 minutes.

NOTE: Tempered ice and all ingredients can be mixed in the blender. Use 1 cup purple grape juice instead of the pineapple and orange juice.