

Easy  
Recipe on  
Side Panel!

### Purple Power Smoothie:

- 10 Sunsweet Pitted Dried Plums
- 1 cup frozen berry mix
- 1/2 cup frozen berry-flavored juice concentrate, thawed slightly\*
- 1/4 cup cold water
- 6 ice cubes, crushed


Combine dried plums, berries, juice concentrate and water in electric blender. Process until smooth, about 2 minutes. Add ice and process until blended. Makes 2 (about 1 cup) servings.

\*Such as Apple-Grape-Raspberry or Grape-Raspberry Cocktail.

### Creamy Chocolate-Banana Smoothie:

- 1 3/4 cups low fat chocolate milk, divided
- 10 Sunsweet Pitted Dried Plums
- 1 ripe banana, peeled and sliced

Pour 1 cup chocolate milk into ice cube tray; freeze until solid. Combine dried plums, banana and 3/4 cup chocolate milk in electric blender. Process until smooth, about 2 minutes. Place chocolate milk cubes in plastic bag and crush; add to blender and process until blended. Thin with additional chocolate milk, if desired. Makes 3 (about 1 cup) servings.



# SUNSWEEET®



## DRIED PLUMS

### BITE SIZE PITTED PRUNES

Provides Fiber &  
Antioxidants\*



\*Good source of vitamin A as beta-carotene

12 OZ (340 g)