



Peach Smoothie

2 medium peaches, washed,
peeled and sliced
1-5.3 oz. container nonfat
vanilla Greek yogurt

$\frac{3}{4}$ cup orange juice
 $\frac{1}{3}$ cup nonfat dry milk
 $\frac{1}{2}$ banana
1 tsp. nutmeg

Directions

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Plug in blender, place lid on and blend until smooth. **Yield:** 3-1 Cup Servings

Nutrition Facts (per cup serving): 160 *calories*, .5 *grams fat*, 60 *milligrams sodium*, 31 *grams carbohydrate*, 2 *grams fiber*, 9 *grams protein*