



Peach Smoothie

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

34 cup orange juice1/3 cup nonfat dry milk1/2 banana1 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

University of Illinois Extension provides equal opportunities in programs and employment.

State • County • Local Groups • United States Department of Agriculture Cooperating