

Berry Delicious Peach Super Smoothie with Green Tea

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=23343&news_iv_ctrl=1681

Ingredients

- 1 cup green tea, chilled
- 3/4 cup plain Greek or regular yogurt (5-7 oz. container)
- 1 cup fresh or frozen berries
- 1 cup fresh or frozen sliced peaches (about 1 medium-large peach, sliced)
- 2 tsp. honey
- 6 fresh mint leaves, 1/2-inch fresh ginger or 1/4 tsp. ground cinnamon

Instructions

1. In blender combine in following order: tea, yogurt, fruit, honey and mint, ginger or cinnamon. Whirl until smooth. Serve immediately.

Makes 2 (1 cup) servings

Nutrition information per serving

Calories: 145	Dietary Fiber: 4 g
Total Fat: <1 g	Sodium: 51 mg
Saturated Fat: 0 g	Protein: 11 g
Cholesterol:	Carbohydrates: 27 g

