

Peachey Power Smoothie

From the National Dairy Council

<http://www.nationaldairycouncil.org/Recipes/Pages/Peachy-Power-Smoothie.aspx>

Ingredients

- 3 medium or 2 large fresh peaches with skin, seed removed, sliced
- 2/3 cup low-fat milk
- 1/2 cup low-fat plain yogurt
- 2 tsp honey
- 3/4 tsp vanilla extract
- 2 Tbsp nonfat dry milk powder

Instructions

1. In a single layer on a plate, freeze the sliced peaches for at least 1 hour (or overnight).
2. Add the frozen peach slices, milk, yogurt, honey, dry milk powder and vanilla extract to a blender container.
3. Cover and puree until smooth.
4. Pour into 2 chilled glasses.

Makes 2 servings

Nutrition information

Calories: 200

Total Fat: 2.5 g

Saturated Fat: 1 g

Cholesterol: 10 mg

Sodium: 100 mg

Calcium: 25% Daily Value

Protein: 9 g

Carbohydrate: 39 g

Dietary Fiber: 3 g