## Vanilla Peach Smoothie Serves 4

- 1 (15 oz.) can sliced peaches, drained 1 cup vanilla Greek Yogurt (or your favorite flavor) 4 ice cubes
- 1. Blend all ingredients until smooth.

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	r Contair		
Amount Per Se	rving		
Calories 110	) C	alories fro	m Fat 0
		% Da	aily Value*
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 20n	ng		1%
Total Carbo	hydrate	23g	<b>8</b> %
Dietary Fiber 1g			4%
Sugars 21	g		
Protein 5g			
Vitamin A 8%	<b>'</b> ••	Vitamin (	C 4%
Calcium 6%	٠	Iron 4%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	20g	80g 25g 300mg 2,400mg 375g 30g

Nutri		ПГа	icis
Serving Size			
Servings Per	r Contai	ner	
Amount Per Sei	rving		
Calories 110	) C	alories fr	om Fat (
		% C	aily Value
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Calcium 6%	•	Iron 4%	
*Percent Daily Va			
diet. Your daily vi depending on yo	alues may	be higher or	lower
depending on yo	Calories:	2,000	2,500
⊺otal Fat	Less than	1 65g	80g
Saturated Fat			25g
Cholesterol	Less than		300mg
Sodium	Less than		2,400mg 375g
Total Carbohydra Dietary Fiber	ile i	300g 25a	375g 30a
Dietary Fiber		∠og	300





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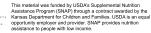
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