

Peachy Paradise Smoothie

Makes 2 servings | Dairy • Fruit

Ingredients

- 1 cup peaches, frozen, fresh, or canned
- 1 cup low-fat vanilla yogurt
- 1 cup orange juice
- 1 banana (optional)
- 1 cup crushed ice (if using canned or fresh peaches)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Place all ingredients in a blender and blend well. If a blender is not available, use a resealable plastic bag and crushed ice. Blend with fingers.
3. Pour into 2 glasses and enjoy!



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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