

## Peach Smoothie

(Makes 1 serving)

*This recipe can be modified, decreasing fat and calories, by using a "light," low-fat soy milk. Other substitutes can include skim milk for soy milk or strawberries (fresh or frozen) for peaches. It is a very refreshing and tasty drink for snack or breakfast.*

### **Ingredients:**

- 1 cup fortified, plain soy milk
- 1 fresh peach, skin left on (can substitute 2 canned halves - canned in own juice)
- ½ cup nonfat vanilla frozen yogurt

### **Directions:**

- 1) Blend ingredients together and serve.

### **Nutritional Analysis:**

- |                        |                       |
|------------------------|-----------------------|
| ▪ Calories: 248        | ▪ Carbohydrates: 32 g |
| ▪ Fat: 6 g             | ▪ Fiber: 2 g          |
| ▪ Saturated Fat: 1.7 g | ▪ Soy Protein: 10 g   |
| ▪ Protein: 17 g        |                       |