

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
- Fat: 6 g
- Saturated Fat: 1.7 g
- Protein: 17 g
- Carbohydrates: 32 g
- Fiber: 2 g
- Soy Protein: 10 g