

Peach Smoothie

8 frozen peach slices (no added sugar)

½ cup fat free milk

½ cup vanilla yogurt (2 grams or less added sugar)

Optional: 1 scoop unflavored, fuzzy navel or vanilla protein powder

Place ingredients in blender and blend until smooth. Makes 1 serving.

Nutrition information per serving (without the optional protein powder): 140 calories, 8 grams protein, 0 grams fat, 26 grams carbohydrate, 113 mg sodium.