

Peach Smoothie

Have fun experimenting with different fruit and juices in this scrumptious smoothie.

Makes: 2 servings

Ingredients

- 1 medium banana
- 1 cup fresh peaches (or strawberries)
- 1 container yogurt (8 ounces)
- ½ cup 100% fruit juice

Directions

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

Recipe from: Pennsylvania Nutrition Education Network, adapted by the USDA Food and Nutrition Administration.



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