

# Vanilla Peach Smoothie

Serves 4

- 1 (15 oz.) can sliced peaches, drained
- 1 cup vanilla Greek Yogurt (or your favorite flavor)
- 4 ice cubes

1. Blend all ingredients until smooth.

Nutrition Facts	
Serving Size (163g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 5g	
Vitamin A 8%	Vitamin C 4%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 85g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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