



# Life's A Peach Smoothie

Servings 3 | Prep time 5 mins. | Total time 5 mins.

**Equipment:** Blender

**Utensils:** Measuring cups and spoons

## Ingredients

1/2 cup (quick-cooking or rolled) oats

1 1/2 cups sliced frozen peaches OR canned peaches in juice, drained and frozen

1 cup low-fat vanilla yogurt

1/2 cup low-fat milk

1/4 teaspoon ground cinnamon

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and fruits.
2. Put oats into blender. Blend until ground into a fine powder.
3. Add peaches, vanilla yogurt, milk, and cinnamon. Blend until completely smooth. If smoothie does not blend, use pulse setting in short bursts to help blend. Serve immediately.

## Nutritional Information:

Calories 230   Total Fat 1.5g   Sodium 120mg   Total Carbs 48g   Protein 7g