



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