

Beverages

Just Peachy Smoothie

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Servings: 2

Start to Finish Time: 10 minutes

3/4 cup fresh peach slices, peeled

1/4 cup coarsely chopped fresh cantaloupe

1/4 cup low-fat vanilla yogurt

1/2 cup skim milk

2 tablespoons vanilla-flavored whey protein powder

1 cup ice cubes

In a blender container, combine all of the ingredients.

Cover and blend until smooth.

Serve immediately.

Per Serving (excluding unknown items): 21 Calories; trace Fat (4.7% calories from fat); 2g Protein; 3g Carbohydrate; 0g Dietary Fiber; 1mg Cholesterol; 35mg Sodium. Exchanges: 0 Non-Fat Milk.