

Summery Cooler

Dash Magazine - July 2012

DashRecipes.com

Servings: 2

1 1/2 cups Sprite (or other lemon-lime soda)

1 teaspoon lime juice

1 very ripe peach, peeled and sliced (reserve two slices)

2 scoops vanilla or peach ice cream

In a blender, whirl the Sprite, lime juice and peach.

Pour the mixture into two tall glasses.

Add one scoop of vanilla ice cream to each glass.

Garnish with the reserved peach slices.

Per Serving (excluding unknown items): 1 Calories; trace Fat (2.3% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.