

# Strawberry Peach Smoothie

**Serving Size** 1 cup

**Servings** 2

**Prep Time** 5 min

**Cook Time** 5 min



## Nutrition Information

Calories	155
Fat	0.3 g
Protein	3.6 g
Carbs	35.4 g
Sodium	58 mg
Fiber	3 g

## Health Benefit

Low Fat

## Ingredients

2/3 cup strawberry fat-free frozen yogurt or ice cream

1/2 cup peach nectar, chilled

1 cup strawberries, cut into quarters

1/2 cup peaches, sliced and peeled

## Directions

1. Combine all ingredients in a blender; process until smooth. Serve immediately.

Oxmoor House Healthy Eating Collection, Oxmoor House 2003