



Peach Yogurt Smoothie

PREP TIME: 5 MINUTES | SERVES: 2

A quick versatile fruit and yogurt drink; try it for breakfast, as an after-school snack, or a post-workout refreshment.

Ingredients

- 1 can (15.25 oz.) sliced cling peaches or peach halves
- 2/3 cup (6 oz.) low-fat plain or vanilla yogurt or Greek yogurt
- 1/2 cup ice (about 4 large cubes)

Instructions

1. Combine all ingredients in a blender. Secure with lid and blend until smooth, about 15 to 30 seconds. Refrigerate any remaining smoothie up to 24 hours.

Recipe Variations

Prepare as directed, except:

Peach Banana Smoothie

Blend peaches with 1 banana and ice.

Peach Raspberry Smoothie

Blend peaches with 1/2 cup fresh or frozen raspberries and ice.

Sweet Carrot Peach Smoothie

Blend peaches with 1/2 cup canned sliced carrots and ice.

Peanut Butter Boost Peach Smoothie

Blend peaches with yogurt, 2 Tbsp. creamy peanut butter and ice.