

Peach Raspberry Smoothie

1 serving

- ½ cup frozen raspberries
 - ½ cup frozen peach slices
 - ¾ cup 100% orange juice
 - ½ cup plain or vanilla yogurt
1. Wash hands with soap and water.
 2. Combine all ingredients in a blender.
 3. Blend until smooth. Enjoy!



Nutrition Information per Serving: Calories 270, Total Fat 3g, Saturated Fat 1.5g, Cholesterol 5mg, Sodium 110mg, Total Carbohydrates 52g, Fiber 5g, Total Sugars 39g, includes 0g Added Sugars, Protein 10g, Vitamin D 6%, Calcium 20%, Iron 6%, Potassium 20%.