



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%.

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