

healthyspot.
Peach Smoothie



healthys^{shot}[®]

Peach Smoothie



NUTRITION

Serving Size:
12 fl. oz

Calories: 250

Total Fat: 2g

Saturated Fat: 1.5g

Trans Fat: 0g

Cholesterol: 10mg

Sodium: 170mg

Total Carbs: 39g

Dietary Fiber: 2g

Total Sugars: 35g

Protein: 21g

Calcium: 125% DV

Vitamin D: 10% DV

Iron: 0% DV

Potassium: 10% DV

INGREDIENTS

| | 2 SERVINGS (12oz each) |
|---|------------------------|
| Plain low-fat yogurt | 1 cup |
| Frozen peaches | 1 cup |
| Skim milk | 1/2 cup |
| 100% fruit juice | 1/2 cups |
| Peach HEALTHY SHOT[®] Protein Supplement beverage | 1 2.5 oz bottle |
| Item 72855 | |

DIRECTIONS

1. Blend all ingredients on high until smooth.
2. Serve