



Summer Peach Smoothie: California Cling Peach and Strawberry Swirl

Courtesy of the California Cling Peach Board



- 2 14.5 oz. cans California Cling Peach slices packed in Splenda, drained
- 8 medium frozen strawberries
- 3/4 cup plain nonfat yogurt (6 oz. container)
- 4 ice cubes

Servings: 4, 1-cup servings

Directions:

In a blender or food processor, combine all ingredients and process until smooth. Serve immediately in chilled glasses.

Nutritional Information (per 1-cup serving):

Calories 135.8, Calories from Fat 16.19, Fat 1.8 g, Protein 3.55 g, Carbohydrates 28.6 g, Cholesterol .94 mg, Dietary Fiber 3.64 g, Calcium 77.55 mg, Iron 1.025 mg, Sodium 55.82 mg.

