



# PEACH AND YOGURT SMOOTHIE

June 21

National Smoothie Day

## INGREDIENTS



- 7½ Cups Frozen Peaches (thawed and drained)
- 1½ Cups Vanilla Yogurt (23 grams or less of sugar per 6 oz)

## DIRECTIONS

1. Combine peaches and yogurt in a blender. Mix until smooth.

\*Be sure to serve this with another component besides milk. A breakfast cannot be two beverages.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

## MEAL TYPE

 Breakfast

## YIELD

4½ Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	¾ Cup	1½ Cups	3 Cups