

Grapefruit Peach Morning

Servings: 2

1/2 cup grapefruit juice

1/2 cup frozen peaches, thawed

1 pinch cinnamon

4 ounces Prosecco

red grapefruit (optional)

In a blender, combine the grapefruit juice, peaches and cinnamon. Pulse until well blended.

Pour two ounces of Prosecco into each glass.

Add half the grapefruit mixture to each glass.

Garnish with segments of red grapefruit, if desired.

Source:

"www.dashrecipes.com"

Per Serving (excluding unknown items): 24 Calories; trace Fat (2.3% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat.