

Beverages

Peaches & Cream

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Servings: 1

If you use frozen fruit, you may not need as much ice. Frozen fruit is as nutrient-packed as fresh fruit - just choose those with no added sugars.

If you do not wish to use dairy products, most milk alternatives (soy, rice) have roughly the same calories as 1% milk - about 100 per cup.

1 1/2 cups sliced fresh peaches

1/2 cup nonfat buttermilk

1/2 medium banana

2 teaspoons honey

1/2 cup crushed ice

Place all of the ingredients in a blender. If adding ice, place it in the container last.

Process until smooth.

Serve in a tall glass, preferably chilled.

Per Serving (excluding unknown items): 147 Calories; 1g Fat (7.8% calories from fat); 5g Protein; 31g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 133mg Sodium. Exchanges: 1 Fruit; 1/2 Non-Fat Milk; 0 Fat; 1 Other Carbohydrates.