

# Peach-Raspberry Smoothie

Jessica D'Ambrosio, Melissa Gaman, Young Sun Huh, Khalil Hymore, Steve Jackson, Amy Stevenson  
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*1 orange, peeled and quartered*  
*crushed freeze-dried raspberries*  
*1 1/2 cups frozen sliced peaches*  
*1 cup peach nectar (more if needed)*  
*1 teaspoon light honey*  
*1/2 cup frozen raspberries*  
*1/3 cup raspberry sorbet*  
*1 teaspoon light honey*  
*1/3 cup water*

Peel and quarter one orange. Rub the rim of a glass with one of the orange wedges. Spread some freeze-dried raspberries on a small plate. Coat the glass rim by rubbing in the raspberries.

In a blender, combine the orange wedges, sliced peaches, peach nectar and light honey. Blend until smooth, adding up to 1/4 cup more peach nectar if needed.. Pour into the glass. Clean the blender bowl.

In the blender, combine the frozen raspberries, raspberry sorbet, light honey and water. Blend until smooth. Pour over the peach layer.

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Per Serving (excluding unknown items): 62 Calories; trace Fat (2.0% calories from fat); 1g Protein; 15g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 Fruit.