



August 13- Peach Cooler

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/peach-cooler>

Recipe

Ingredients:

- 2 cups milk, low-fat
- 1 cup canned peaches
- ½ teaspoon lemon juice
- 1 dash nutmeg

Directions:

1. Put the ingredients in a blender. Blend well.
2. Sprinkle with nutmeg if you like.
3. Serve cold.

Yield 2 servings

Nutrition Facts

Serving Size 1/2 recipe (358.67g)
Servings Per Container 2

Amount Per Serving

Calories 150 Calories from Fat 20

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 4%

Sodium 120mg 5%

Total Carbohydrate 23g 8%

Dietary Fiber 0g 0%

Sugars 24g

Protein 9g 18%

Vitamin A 10% • Vitamin C 10%

Calcium 30% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.