



### July 3- Peach Cobbler Smoothie

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=861212>

#### **Recipe**

*Ingredients:*

- 1 ½ cup soy milk (or non-fat milk)
- ¾ cup frozen peaches
- 2 Tablespoon cinnamon
- 2 Tablespoon nutmeg
- 2 Tablespoon honey
- Ice

*Directions:*

1. Combine all ingredients in blender. Blend until smooth and creamy.

Yield 2 servings

#### **Nutrition Facts**

Serving Size 1 cup (309.15g)  
Servings Per Container 2

**Amount Per Serving**

**Calories** 320      **Calories from Fat** 50

**% Daily Value\***

**Total Fat** 6g      **9%**

**Saturated Fat** 2g      **11%**

*Trans Fat* 0g

**Cholesterol** 0mg      **0%**

**Sodium** 100mg      **4%**

**Total Carbohydrate** 61g      **20%**

**Dietary Fiber** 8g      **33%**

**Sugars** 47g

**Protein** 7g      **14%**

Vitamin A 6%      • Vitamin C 150%

Calcium 15%      • Iron 15%

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