PEACH PIE SMOOTHIE

INGREDIENTS
1/2 cup lowfat milk
1/2 cup nonfat plain Greek yogurt
1 cup unsweetened frozen peaches
1 Tbsp. honey
1/4 tsp. vanilla extract
1/8 tsp. ground cinnamon
Pinch ground nutmeg
Pinch ground ginger

DIRECTIONS
1. Place ingredients in a blender and blend until smooth.
Peach Pie Smoothie

Nutrition Facts
Serving Size: 1 smoothie (464g)
Servings Per Container: 1

| Amount Per Serving | Calories: 250 | Calories from Fat: 15%
|                   | % Daily Value* |
| Total Fat         | 1.5g          | 2%             |
| Saturated Fat     | 1g            | 5%             |
| Trans Fat         | 0g            | 0%             |
| Cholesterol       | 10mg          | 3%             |
| Sodium            | 95mg          | 4%             |
| Total Carbohydrate| 45g           | 15%            |
|                   | Dietary Fiber | 3g             | 12%             |
|                   | Sugars        | 39g            |                  |
| Protein           | 17g           | 34%            |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
<tr>
<td>Protein</td>
<td>50g</td>
<td>65g</td>
</tr>
</tbody>
</table>

INGREDIENTS: SLICED FROZEN PEACHES, SKIM MILK, PLAIN NONFAT GREEK YOGURT, HONEY, VANILLA EXTRACT, CINNAMON, GROUND GINGER, NUTMEG