



UNIVERSITY OF WYOMING
EXTENSION

NUTRITION & FOOD SAFETY
RECIPE OF THE MONTH
JUNE



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	
Cholesterol 10mg	3%
Sodium 95mg	4%
Total Carbohydrate 45g	15%
Dietary Fiber 3g	12%
Sugars 39g	
Protein 17g	34%
Vitamin A 20%	• Vitamin C 370%
Calcium 30%	• Iron 2%
Vitamin D 15%	• Riboflavin 35%
Niacin 10%	• Vitamin B12 25%
Phosphorus 30%	• Magnesium 10%
Selenium 20%	• Manganese 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g

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