



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.