

Peach Blueberry Smoothie (Fruit, Dairy)



Ingredients:

- 2 c low-fat milk
- 1/2 c blueberries
- 1 c peaches, canned in own juice, drained
- 1/2 t cinnamon or nutmeg, if desired
- 1/2 tsp lemon juice

Directions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Serve chilled.

Makes 2 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>