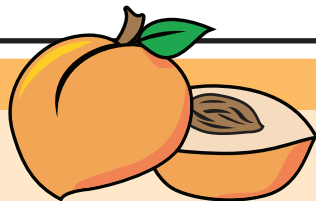


Fruit Smoothie

Ingredients:

- 1 large banana
- 1 cup peaches (canned, fresh or frozen)
- 1 small container (8 ounces) low-fat or fat-free vanilla yogurt
- 1/2 cup 100% fruit juice



Directions:

- 1 Place all ingredients in a blender.
- 2 Blend on high until smooth.
- 3 Pour into cups and serve right away.

Tips:

This is a nice, fresh treat for your whole family. Use frozen peaches to make it extra cool!



Child Health Initiative for Lifelong Eating & Exercise