Peach Smoothies Recipe

Yield: 4 servings

Total time: 5 minutes

Ingredients

| 2 cups | Milk |
| 2 cups | Frozen unsweetened sliced peaches |
| ¼ cup | Orange juice concentrate |
| 2 Tbsp. | Sugar |
| 5 | Ice cubes |

Directions

In a blender, combine all ingredients; cover and process until smooth. Pour into chilled glasses; serve immediately.

Special Information

Nothing could be sweeter than starting the day off with this refreshing beverage. But I enjoy the smoothies so much, I make them throughout the day.—Dana Tittle, Forest City, Alaska

Nutritional Facts

1 cup equals 143 calories, 4 g fat (3 g saturated fat), 17 mg cholesterol, 60 mg sodium, 23 g carbohydrate, 2 g fiber, 5 g protein.