

Featured Recipe at

The Nest in Louisville Hall

Peachy Keen Smoothie



Ingredients:

- 1 large peach, sliced and unseeded
- 1/2 cup of yogurt (any flavor—vanilla or peach recommended)
- 1/2 cup of skim milk
- 1 tablespoon honey
- 8 ice cubes

Directions:

1. Blend the peach slices with the ice cubes and milk first until slushy texture is formed.
2. Next add yogurt and honey and blend for another minute on low setting.

You may substitute canned peaches with light syrup in place of the large fresh peach.

Makes 1 serving.

The Nest convenience store located in Louisville Hall.



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Nutrition Facts

Serving Size 1 drink
Serving per Recipe 1

Amount per Serving

Calories 233 Calories from Fat
4.6

% Daily Value

Total Fat 0.51 g < 1%

Saturated Fat 0g 0%

Cholesterol 10mg 3%

Sodium 121.7mg 5%

Total Carbohydrate 51.15g 17%

Dietary Fiber 2.4g 9%

Sugars 44.51g

Protein 9.27g 18%

Est. Percent Calories From:

Fat 1%

Carbs 87%

Protein 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

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