



Peachy Keen Smoothies

Recipe Source: www.foodnetwork.com

Serves 4

Ingredients:

2 ripe peaches, halved, pitted, and cut into chunks (with skins)
1 cup low-fat cottage cheese
½ cup low-fat milk
1-2 Tbsp honey
2 Tbsp fresh lemon juice
Pinch salt
Pinch nutmeg

Steps:

- Puree the peaches, cottage cheese, milk, honey, lemon juice, salt, and nutmeg, and 1 cup of ice in a blender until smooth. Divide among glasses, and sprinkle with additional nutmeg if desired.

Tips from the Test Kitchen: A little vanilla extract is also a great addition.

Nutritional Facts (per serving): Calories: 117, Carbohydrates: 19 grams, Protein: 9 grams, Total Fat: 1 gram, Saturated Fat: 1 gram, Cholesterol: 4 mg, Sodium: 316 mg, Fiber: 1 gram, Total Sugars: 17 grams