



Peach and Yogurt Smoothies

With just two ingredients, this simple smoothie will be a new favorite.

Ages: 3–5 years

Makes: 6 servings

Prep time: 10 minutes

Cook time: 0 minutes

the INGREDIENTS

7½ cups (1 lb 11 oz) peaches, frozen, unsweetened, thawed, drained

1½ cups vanilla yogurt, low-fat

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Combine peaches and yogurt in a blender. Mix until smooth.
3. Serve $\frac{3}{4}$ cup. Serve immediately, or keep cold at 40 °F or lower.

the NUTRITION INFORMATION

¾ cup Peach and Yogurt Smoothie

Nutrients	Amount
Calories	109

Total Fat	1 g
Saturated Fat	0 g
Cholesterol	3 mg
Sodium	37 mg
Total Carbohydrate	24 g
Dietary Fiber	2 g
Total Sugars	22 g
Includes Added Sugars	N/A
Protein	4 g

Vitamin D	N/A
Calcium	97 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

½ cup fruit
 ½ oz eq meat alternate

the CHEF TIPS

- **Contains milk (yogurt).**
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Refrigerating smoothies for more than 3 hours may cause a texture change.
- Smoothies can be made in advance and stored in the freezer.