Peach Smoothie

Serves 4 x 200ml portions



Typical values per portion

Energy	834kJ	/199kcal
Fat		7.0g
Of which saturates		4.8g
Carbohydrate		27.7g
Of which sug	ars	27.7g
Protein		6.5g
Fibre		0.9g
Salt		0.9g
Vitamin D		6.2µg
Calcium		604mg

Handy Tip:

Omit the sugar for people with diabetes

Ingredients:

200g The Laughing Cow® Nutrient Fortified

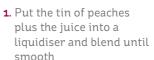
410g Canned peaches in syrup

50g Caster sugar

ALLERGENS: Milk

For Allergens, always check labelling of specific ingredients used

Method:



- Add in The Laughing Cow® Nutrient Fortified and blend again
- 3. Add the sugar and blend again
- 4. Taste and adjust sweetness by adding more sugar if required
- 5. Sieve
- **6.** Serve chilled



- Rich in Protein
- ✓ Rich in Calcium
- ✔ Rich in Vitamin D



