

Peach Smoothie

Serves 4 x 200ml portions



Serving Suggestion

Typical values per portion

Energy	817kJ /194kcal
Fat	6.5g
Of which saturates	4.2g
Carbohydrate	27.7g
Of which sugars	27.7g
Protein	6.5g
Fibre	0.9g
Salt	0.9g
Vitamin D	6.2µg
Calcium	624mg

Handy Tip:

Omit the sugar for people with diabetes

Ingredients:

200g The Laughing Cow® Nutrient Fortified

410g Canned peaches in syrup

50g Caster sugar

Method:

1. Put the tin of peaches plus the juice into a liquidiser and blend until smooth
2. 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

ALLERGENS: Milk

For Allergens, always check labelling of specific ingredients used

- ✓ Versatile cheese ingredient
- ✓ Rich in Protein
- ✓ Rich in Calcium
- ✓ Rich in Vitamin D

