

Power Peach Smoothie

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2 cups fat free milk

2 cups frozen unsweetened sliced peaches

1/4 cup orange juice concentrate

2 tablespoons sugar

2 scoops whey protein powder

5 ice cubes

Combine all ingredients in a blender. Blend until smooth. Enjoy!

Serving size: 1 cup (8 ounces) Number of servings: 4

**Calories 193, Fat 5 grams (Saturated Fat 3 grams), Sodium 98 milligrams,
Carbohydrates 24 grams, Fiber 2 grams, Protein 14 grams**

