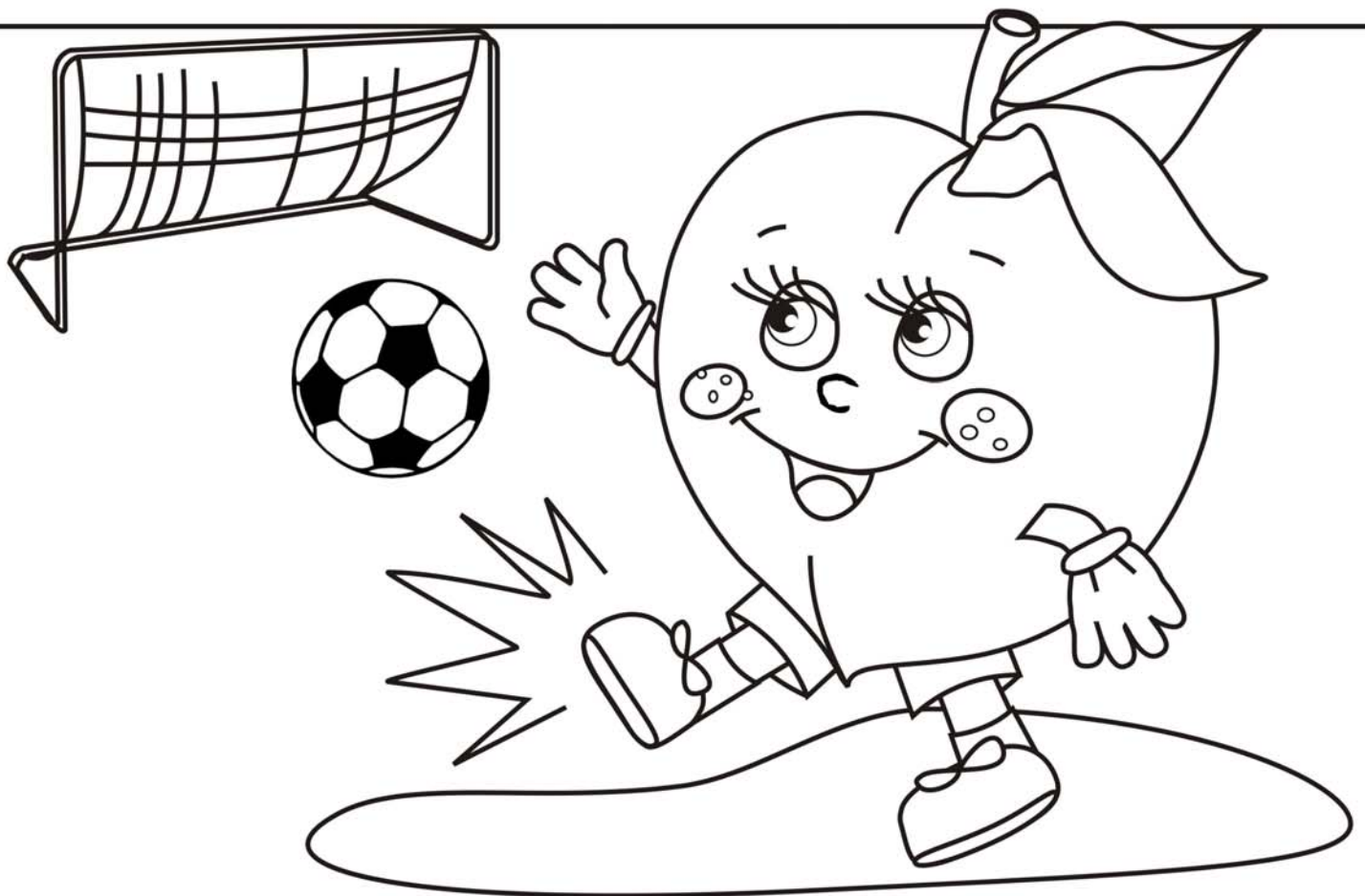
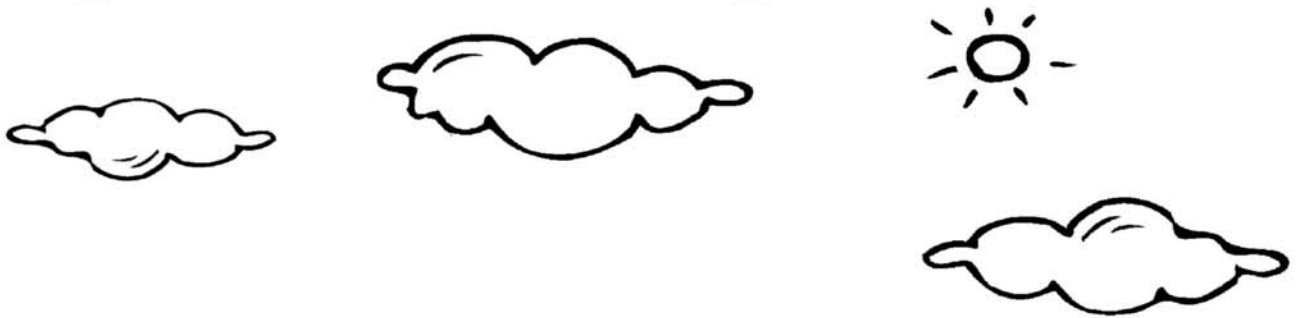


South Carolina peaches are packed with power!



Personally Fit Peach Morning Smoothie Serves 4

- 3 South Carolina peaches peeled and sliced
- 1 medium banana
- 1 ½ cup skim milk
- 1 cup lemon or vanilla fat free yogurt
- 2 Tablespoons honey
- 1 package cinnamon spice instant oatmeal

Puree all ingredients in a blender until smooth. Blend with ice if preferred. Serve in chilled glasses.
1 serving = 0 fat, 38 grams carbohydrates, 7 grams protein, 180 calories

South Carolina
PEACH COUNCIL

The tastier peach. Taste the difference.

