## Peach Smoothie

Serves 4 x 200ml portions



#### Typical values per portion

Energy	817kJ /	194kcal
Fat		6.5g
Of which saturates		4.2g
Carbohydrate		27.7g
Of which suga	ars	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

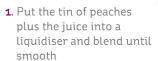
### Ingredients:

200g The Laughing Cow® Nutrient Fortified

410g Canned peaches in syrup

50g Caster sugar

## : Method:



- Add in The Laughing Cow<sup>®</sup> 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







