

# Peach Cooler (FDD)

**Makes:** 2 Servings

Canned peaches, packed in light or extra light syrup, can be used in baked fruit desserts, fruit salads, or smoothies. This Peach Cooler smoothie recipe uses canned peaches.

## Ingredients

**2 cups** 1% low-fat milk

**1 cup** canned peaches (drained)

**1/2 teaspoon** lemon juice

**1/2 teaspoon** nutmeg (if you like)

## Directions

1. Put all ingredients in a blender, or mix in a bowl. If using nutmeg, add that in too. 2. Blend well. 3. Serve cold.

**Source:** Recipe adapted from Allrecipes.com.