

Peach Cooler

Makes: 2 servings

Ingredients

2 cups milk, low-fat

1 cup canned peaches (drained, or 1 cup of sliced fresh peaches)

1/2 teaspoon lemon juice

1 dash nutmeg (if desired)

Directions

1. Put the ingredients in a blender. Blend well.
2. Sprinkle with nutmeg if you like.
3. Serve cold.

Source: Pennsylvania Nutrition Education Program, Pennsylvania

Nutrition Information

Nutrients	Amount
Calories	190
Total Fat	3 g
Saturated Fat	2 g
Cholesterol	15 mg
Sodium	150 mg
Total Carbohydrate	32 g
Dietary Fiber	1 g
Total Sugars	25 g
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	