

Low-Point Peach Smoothie

Ingredients:

- 3/4 cup frozen peaches
- 1/2 cup peach nectar
- 1, 6 oz. Dannon Light & Fit Peach or Vanilla Yogurt (or a yogurt brand of your choice -- Dannon Light & Fit has 80 calories and 0 fat)
- 4 ice cubes

Combine all ingredients together in a blender and blend until smooth.
Enjoy!

Total servings - 2 (6 oz. glasses)

Serving size - 1

Points per serving - 1.6

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)