



Peachy Keen Chiller



Serving Size: 1 c

Yield: Makes 7 servings

Nutrition Information

One serving is 140 calories, 1 g fat, 5 mg cholesterol, 40 mg sodium, 32 g carbohydrates, 2 g fiber, and 3 g protein

Key

c = cup, T = tablespoon, t = teaspoon, lb = pound, oz = ounce, fl oz = fluid ounce, pkg = package

Ingredients

- o 2 cans Peaches, drained and rinsed (15 oz/3 c total)
- o 2 Bananas, medium, frozen
- o 2 6 oz Vanilla yogurt, low fat
- o 2 c Pineapple juice

Directions

1. PLACE peaches in a zip top bag, and FREEZE overnight.
2. PLACE frozen peaches, banana, yogurt and pineapple juice in a blender.
3. BLEND until mixture is a smooth consistency.

**Be sure there are no stems or pits in your canned fruit. You may also use fresh/frozen fruit or freeze the juice in ice cube trays to give it a thicker texture.*

Chickasaw Nation Nutrition Services

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