



Peach Mango Popsicles



INGREDIENTS

ReadyCare® Peach Mango Clear Protein Drink
Item #: 5866
sliced peaches

Greek yogurt

1 (4 fl oz) container
3/4 cup

DIRECTIONS

- 1. Blend all ingredients on high until smooth. Pour into a glass and enjoy.
- 2. Portion into popsicle molds, cover and freeze until solid.

NUTRITION

Serving Size:
3 - 2 oz. popsicles
Calories: 140
Total Fat: 0.5g
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: <5mg
Sodium: 15mg
Total Carbs: 28g
Dietary Fiber: 1g
Total Sugars: 23g

Protein: 5g

Vitamin D: 0% DV Calcium: 4% DV Iron: 0% DV Potassium: 4% DV

added Sugars: 9g

