Ready Care

Peach Mango Smoothie





## Peach Mango Smoothie



## **INGREDIENTS**

	1 Serving
ReadyCare® Peach Mango Clear Protein Drink Item: 5866	1 (4 fl oz) container
sliced peaches	<sup>3</sup> / <sub>4</sub> cup
Greek yogurt	¼ cup

## **DIRECTIONS**

1. Blend all ingredients on high until smooth. Pour into a glass and enjoy.

## **NUTRITION**

Serving Size: 12 fl oz.
Calories: 290
Total Fat: 1g
Saturated Fat: 0.5g

Saturated Fat: 0.5g Trans Fat: 0g Cholesterol: 5mg Sodium: 35mg Total Carbs: 57g Dietary Fiber: 2g Total Sugars: 45g

Added Sugars: 18g Protein: 11g Vitamin D: 0% DV Calcium: 6% DV

Potassium: 6% DV

Iron: 0% DV

