Peach Smoothie

Serves 4 x 200ml portions



Typical values per portion

Energy	834kJ /199kca	al
Protein	6.5	ġ
Fat	7.0	g
Of which satu	ırates 4.8	g
Carbohydrate	27.7	/g
Of which suga	ars 27.7	/g
Fibre	0.9	g
Salt	0.9	g
Vitamin D	6.2µ	ıg
Calcium	604m	ıg

Handy Tip:

Omit the sugar for people with diabetes

Ingredients:

200g The Laughing Cow® Nutrient Fortified

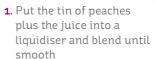
410g Canned peaches in syrup

50g Caster sugar

ALLERGENS: Milk

For Allergens, always check labelling of specific ingredients used

Method:



- Add in The Laughing Cow® Nutrient Fortified and blend again
- 3. Add the sugar and blend again
- 4. Taste and adjust sweetness by adding more sugar if required
- 5. Sieve
- 6. Serve chilled



- ingredient Rich in Protein
- ✓ Rich in Calcium
- Rich in Vitamin D



