

Peaches & Cream Smoothies

3 servings, 1 cup per serving

Ingredients

- 1 15-ounce can of peaches, with juice
- 1 frozen banana
- 1 cup plain low fat yogurt

Directions

1. Put all ingredients into a blender.
2. Blend until smooth and pour into cups.



A refreshing low fat treat!

To avoid extra added sugar, use fruit canned in 100% juice, frozen fruit, or fresh fruit.

Nutrition Facts	
Serving Size 1 cup (259g)	
Servings Per Container 3	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 27g	
Protein 5g	
Vitamin A 15%	Vitamin C 15%
Calcium 15%	Iron 2%

Corn Chowder

8 servings, 1 cup per serving

Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, diced
- 1 can white potatoes, drained & diced
- 1 can corn, drained
- 1 14-ounce can low sodium chicken or vegetable broth
- 1 cup water
- 1 teaspoon thyme
- 1 12-ounce can evaporated skim milk

Salt & pepper, to taste

Directions

1. Heat oil in soup pot over medium heat. Add onions and cook, stirring for 2 minutes.
2. Add potatoes, corn, broth, water, and thyme.
3. Cover, bring to a boil, and simmer 5 minutes. Add milk and simmer 5 more minutes.
4. Season with salt and pepper. Serve hot.

A great way to add some calcium for healthy bones and teeth



Nutrition Facts	
Serving Size about 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 7g	
Vitamin A 8%	Vitamin C 20%
Calcium 15%	Iron 4%