

Peach Banana Smoothie

Makes: 3 Servings

Tasty, quick, and easy to prepare! Fresh peaches are a yummy addition to this smoothie recipe.

Ingredients

- 1 banana (medium, peeled and sliced)
- 2 peaches (medium, peeled and sliced)
- 1/2 cup canned pears (drained)
- 1 cup fat-free milk (or 1 cup low-fat milk)

Directions

1. Combine banana, peaches, canned pears, and milk in a blender.
2. Blend until smooth.

Source: Recipe adapted from Food.com