



A Little Peach of Heaven

2 scoops WheySmooth Vanilla Crème
4 tbsp non-dairy creamer
1 tsp vanilla extract
¼ cup frozen strawberries
1 cup frozen peach slices
4 vanilla wafer cookies
¼ tsp cinnamon
3 packets NutraSweet or Equal
1½ cup nonfat milk or 2% milk

Place all ingredients in a blender and blend until smooth.
Add crushed ice as desired for a rich milkshake effect.

With nonfat milk

Calories	738
Fat (g)	9
Saturated Fat (g)	3
Cholesterol (mg)	92
Sodium (mg)	360
Carbohydrate (g)	110
Fiber (g)	7
Protein (g)	57
Calcium (mg)	760

With 2% milk

Calories	875
Fat (g)	21
Saturated Fat (g)	13
Cholesterol (mg)	114
Sodium (mg)	311
Carbohydrate (g)	116
Fiber (g)	7
Protein (g)	54
Calcium (mg)	699

