



## Peach and Carrot Smoothie

**Food Hero**

1 cup

### Ingredients

1 medium **banana**, peeled fresh or frozen  
 1 cup frozen **carrots**  
 1 can (15 ounce) **peaches**, undrained

### Materials

Blender, Chopping knife, glasses,

### Directions

Combine all ingredients in a blender or food processor including the juice or syrup from the canned peaches.

Blend until smooth.

Serve Immediately.

Refrigerate or freeze leftovers within 2 hours

## Nutrition Facts

Serving Size 1 cup (204g)

Servings Per Container 3

Amount Per Serving

**Calories 150**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 30mg**      **1%**

**Total Carbohydrate 37g**      **12%**

Dietary Fiber 3g      **12%**

Sugars 30g

**Protein 1g**

**Vitamin A 120%**      • **Vitamin C 20%**

**Calcium 2%**      • **Iron 2%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Notes

Try using fresh carrots but cook them first.

### View Online

<http://northcountryeatsmartny.org/recipes/peach-carrot-smoothie>

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