

### **Peach Pie Smoothie**

½ C. nonfat or 1 percent lowfat milk  
½ C. nonfat plain yogurt  
1 C. unsweetened frozen peaches  
1 Tbsp. honey, plus more to taste  
¼ tsp. Vanilla Extract  
1/8 tsp. Ground Cinnamon  
Pinch of Ground Nutmeg  
Pinch of Ginger

Put All Ingredients in Blender and Blend until smooth.

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All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)

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