



Niagara County Office for the Aging  
111 Main Street, Suite 101  
Lockport, NY 14094  
*Eat Well...Stay Well Dining Program*  
439-4030

*Recipe provided by Niagara County Office for the Aging,  
Eat Well...Stay Well Dining Program*

## **Fruit Smoothie**

### **A great source of Calcium and Vitamin D!**

½ cup yogurt (plain or flavored)  
2 fresh peaches  
¼ cup raspberries (frozen or fresh)  
½ cup ice

Put all ingredients in blender. Blend until thoroughly mixed. Serve chilled.  
Add a dash of cinnamon to top it off. Makes 1 serving.  
(If using plain yogurt, you may want to add a teaspoon of sugar or Splenda)  
Add a half a banana to boost the potassium.

#### Nutritional Value:

Calories – 137  
Carbohydrates – 23 Gm  
Protein – 8 gm  
Calcium- 245 gm  
Vitamin D – 50 IU