



Niagara County Office for the Aging  
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*Eat Well...Stay Well Dining Program*  
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*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