



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