

## Recipes

Here's an easy-to-make recipe for a snack. You can prepare it ahead of time, so it will be ready to eat when you need it.

### Peach and Yogurt Shake

Makes 2 servings

#### Ingredients

- 1 cup sliced peaches
- 1 cup plain yogurt
- 1 cup whole milk
- 1 tablespoon honey

#### Directions

1. Combine all ingredients in a blender.
2. Blend until smooth.

Calories per serving (1 shake): 230 | Fat: 8 g  
Carbohydrates: 33 g | Protein: 8 g

