

Peachy Cucumber Smoothie



Ingredients:

- 1/4 c white grape juice, no sugar added
- 1 cucumber, peeled, seeded, and chopped
- 1 peach, chopped
- 1/2 c low-fat yogurt, plain

Directions:

1. Place cucumbers, peaches and juice into a blender.
2. Pulse until the mixture is blended.
3. Add yogurt and blend until smooth.
4. Serve immediately.

Makes 2 servings.



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