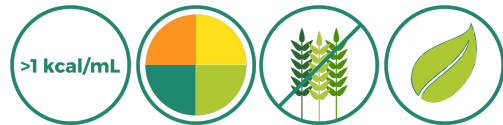


## You're Such a Peach



*This balanced blend contains nutrient dense peaches, spinach, keifer, and sweet potatoes.*

### Photo Contest!



- Test Recipes
- Fill out the survey
- Submit photos
- Win prizes



### Nutrition Info

**Makes:** fluid ounces  
= cups  
= milliliters (mL)

**Calories:** 900 kcal

**Kcals/ mL:** kcal/ mL

**Carbohydrate:** 51.8%

**Protein:** 19.2%

**Fat:** 28.9%

### Make it for the whole family:

Enjoy this blend as a smoothie with your tubie!

# You're Such a Peach

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## Ingredients

- 1 cup cooked oatmeal
- ½ cup apple juice
- 1 cup plain lowfat kefir
- 1 cup plain unsweetened soymilk
- 2 eggs scrambled or boiled
- 1 cup sweet potato, baked, peeled
- 1 cup nectarine (fresh or frozen) or peaches
- ¼ cup frozen spinach
- 1 teaspoon olive oil
- ½ cup water (optional)

## Kitchen Gear

Baking Sheet

Bowl or small pot

Measuring tools:

- 1 cup
- ½ cup
- ¼ cup
- Teaspoon

## Preparation

1. Preheat oven to 425 degrees. Scrub sweet potato, pierce with knife in several places. Bake on foil lined baking sheet for 45-60 minutes or until soft. Remove from oven, let cool, and peel.
2. Cook oatmeal according to package instruction, cook in water, no salt added. Let cool.
3. Add all ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
4. Thin as desired with water or other fluid such as milk or milk alternative.

## Tips

Canned sweet potato can be purchased to make this recipe easier.

The sweet potato and oatmeal can be cooked ahead of time and kept in fridge until ready to blend.



For more recipes and information visit [www.CookingForTubies.com](http://www.CookingForTubies.com)  
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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