



5 A Day Recipes

Beverages

Mock Frozen Peach "Daiquiri"

Serves 2

- 1 cup juice packed canned peaches
- 1 Tbsp. fresh lemon juice
- 2 Tbsp. frozen pink lemonade concentrate
- 1 cup crushed ice

Chill peaches in freezer until very cold. Add to blender container with pink lemonade concentrate, lemon juice, and crushed ice. Puree until smooth. Pour into glasses. Makes 2 (1¼ cup) servings.

This is an official 5 A Day recipe, and provides two people with one serving of fruit each.

Recipe provided by the American Cancer Society.

Nutritional Analysis

Calories: 74
Fat: 0 g
Cholesterol: 0 mg
Fiber: 1 g
Sodium: 28 mg
% Calories from Fat: 1%