

Peach and Blueberry Yogurt – Vegan – SOS

Prep Time: 5 minutes

Total Time: 5 minutes

Serving Size: 2

Calories per serving: 227

Fat per serving: 12 grams

Ingredients

- 3 peaches, peeled and diced
- 1/2 cup blueberries
- 1/4 cup cashew nuts
- 1 tablespoon Silk Unsweetened Almond milk or other non-dairy milk
-

Instructions

1. Place one of the diced peaches in a blender, with the cashews and the almond milk, and blend until smooth.
2. In a bowl mix the remaining diced peaches with the blueberries.
3. Combine the fruits with the blended mixture. Divide into 2 cups or bowls, and serve.

Notes

Nutrition facts (per serving): Calories: 227, from fat: 104, total fat: 12g, cholesterol: 0mg, sodium: 8mg, total carbohydrate: 14g, fiber: 3g, sugar: 5g, protein: 6g.