

Peach Milkshake

And a huge 16 OZ shake has:

Calories 160 Fat 0g Fiber 3g Carbs 32g

What you'll need:

- 1 Cup fat free milk
- 1 Cup frozen peach slices (fresh is best but an easy substitute is a bag of frozen slices)
- 3 Pcs of sugar substitute (Equal, Splenda – your favorite...)
- ½ Cup fresh peaches chopped and chilled (Optional)
- 1 tsp Vanilla extract

a blender

Let's get to cooking!

1. Pour fat free milk into your blender.
2. Gradually add the 1 cup of whole frozen peach slices until the mixture gets thick. (Sometimes it takes less than a cup for it to get very thick; sometimes more so the more times you make this the better you'll be at estimating what you need.)
3. Blend in sugar substitute.
4. Take optional chopped peaches and fold in with a spoon. Pour into a large glass and PLEASE add a straw (so fun to drink a shake with a straw!), and for this shake you'll need a spoon (to get all those delicious peach chunks!).

A lot of the enjoyment of food is in the presentation so if you feel the urge, top with fat free Reddi Whip (5 calories per serving). WOW!

And this makes a GIANT milk shake! And FYI – a regular fast food shake can have over 700 calories for a medium size. You could drink THREE (or more) of these for that, so definitely more bang for your calorie buck!

OPTIONAL

You can add 1/3 cup All Bran bran buds and give it a real crunchiness. The Bran Buds don't lose their crunch for a long time so no soggy stuff here.

Granola is very good, too, but keep up with the calories. Just don't think about the fact that you're eating something so healthy and good for you. Hey, it worked for Mikey, it can work for you too.

Thinking of all the various flavors of milkshakes I could possibly ever want inspired this **Kitty's Lighter Weigh** recipe!