

Peach Smoothie

1 pkg.	Carnation Instant Breakfast (vanilla)
2	Canned peach halves – drained (or 1x4.5 oz baby peaches)
1 cup	2% milk
1 Tbsp	sugar
¼ tsp	cinnamon
1 Tbsp	Quick Thick (can alter amount depending on desired thickness)

Place Carnation Instant Breakfast, peaches, milk, sugar and cinnamon in a blender. Blend until smooth. Add Quick Thick, blend in and chill for 15-20 minutes.

Serves 2

Usage Level Recommendation for Dysphagia Instant Starches

	Nectar like	Honey like	pudding (Spoon Thick)
Water	1 T + 1 tsp	1 T + 1.5 tsp	2 T
Orange Juice	2.5 tsp	1 T + 0.5 tsp	1 T + 1.5 tsp
Apple Juice	1 T	1 T + 1 tsp	1 T + 2 tsp
Cranberry Juice	1 T	1 T + 1 tsp	1 T + 2 tsp
Milk	1 T + 1 tsp	1 T + 1.5 tsp	2 T
Coffee/Tea	1 T + 1 tsp	1 T + 1.5 tsp	2 T

All based on 4 Fl oz serving (118.29 ml)

3 teaspoon (tsp)= 1 tablespoon (T)