i **buy** these for my **21 month** to **take** in her **lunch** to **day care** i do **n't** have to **worry** about it **spoiling ,** and **since** its **fortified ,** i do **n't worry** about her **trace minerals** and **vitamins , even** if she **refuses** to **eat** my **daughter simply loves** the **taste ,** and **begs** for a **box** she **prefers** it over **silk brand soy ,** and about as **much** as **almond breeze plus ,** a **fortified almond milk baby loves** it

**\** ( 15 oz **\ )** can **peaches** in light syrup **,** drained2 t frozen orange juice concentrate1 c soy milk2 t **vanilla** flavored **protein powder \** ( **genisoy** has a **vanilla protein shake worth looking** for **! \ ) 6 ice** cubeswhile **peaches** are my **favorite** in this **recipe ,** you can **adapt** this **recipe** for **use** with **similar soft fruits** such as **mangoes smoothies** have so **many possibilities** with a **scoop** of **protein powder ,** the **smoothie becomes** a **healthy breakfast** or **post workout shake** to **make process** the **peaches , concentrate , milk** and **protein powder** in a **blender** until **smooth add** the **ice** and then **blend** until **smooth variation substitute fresh fruits** for the **canned peaches** the **rebecca review** just **right**

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this was **unusable** on **arrival black mold** on **inside** of **packing** i have **purchased** this **item** in the supermarketand it is **quite good** and my **toddler liked** them i do **n't know** what is **going** on here i did **request** a **refund** and it was **granted moldy packaging**

i **first bought** this because it was **recommended** by **dr** fuhrman in **eat** to **live** its **great tastes good** and **easy** to **cook** with **, especially good** in **soups excellent**

my **16 month old** who **eats everything would** not **eat** this i **tried** it myself **,** then had to **throw** it out we do **like sprout** s other **products ,** such as the **green peas yuck**

i have to **admit** that i did **n't know** what i was **buying** and **ended** up with a **large quantity** of **something** i did **n't intend** this is not a **white miso** and does not have a **mild taste** not **white miso**

our **8 month old loves** this and we **mix** it with her **oatmeal cereal** or **feed alone** i **tried** it myself and its very **good** and all **natural** a **nice alternative** to applesause very **impressed**