Almond & Peach Smoothie

PREP TIME: 5 MINS

YIELDS: 3 -4 CUPS

Children's Hospital of Philadelphia®
Culinary Medicine

Ingredients

- 2 cups peaches, frozen
- 1 cup yogurt, plain
- 1/3 cup almond butter
- 1 cup water, filtered



Nutrition Content (1/3 recipe)

Calories: 270kcal	Carbohydrates: 20g
Fat: 18.6g	Protein: 9.8g
Fiber: 4.2g	Added sugar: 0g
Sodium: 34.6mg	

Directions

1. Blend all together, then serve as a smoothie, create popsicles, or ice cream.

Qualities

Texture: Liquid/Thick

Rating for Scent : 2/10

Spice Level: 0/10

Benefits

Easier to digest/gastroparesis

Good source of fiber

Can be high calorie

Low sodium

Hydrating

Low glycemic index

Chef Tips/Adjustments

- Adjust water volume to create a thicker or a thinner texture.
- Ice cream can be made by using an ice cream maker.
- Recipe is flexible: can substitute and adjust amounts of nut butters, and fruits
- Using whole nuts as opposed to nut butter will result in a gritty texture.
- Can use any type of yogurt, including Greek and dairy free (soy, coconut, almond, etc)
- Add fat/calories with heavy cream, coconut cream (dairy free), or a neutral tasting oil
- Add dry seasonings such as ground cinnamon for a boost of flavor.