

Almond & Peach Smoothie

PREP TIME: 5 MINS

YIELDS: 3 -4 CUPS

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

Anti-inflammatory

Hydrating

Promotes Gut Health

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; nut butters and fruits can be substituted or adjusted as desired.
- Using whole nuts as opposed to nut butter will result in a gritty texture.
- Any fat content or variety can be used for the yogurt, including Greek.
- Heavy cream or a neutral tasting oil can be added for a fat & calorie boost.
- Add dry seasonings such as ground cinnamon for a boost of flavor.

