



Peaches & Greens Smoothie



Entire recipe (about 18 oz.): 281 calories, 1g total fat, 134mg sodium, 51.5g carbs, 5.5g fiber, 36.5g sugars, 19.5g protein

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Prep: 5 minutes



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Ingredients

1 cup spinach leaves
1 cup frozen peach slices, slightly thawed
1/2 cup sliced banana
1/2 cup light vanilla soymilk
One 5.3-oz. container (about 1/2 cup) fat-free vanilla Greek yogurt
1/2 cup crushed ice *or* 3 - 4 ice cubes

Directions

Place all ingredients in a blender. Blend at high speed until smooth. Enjoy!

MAKES 1 SERVING

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