

Fresh Peach Smoothie



FROM THE KITCHEN OF
DEBBIE MACOMBER

Start your day off right and celebrate summer flavors with this Fresh Peach Smoothie!

Serves 1

Ingredients

- 1 frozen banana, peeled
- 1 ½ fresh peaches, pitted and sliced
- ½ cup plain Greek yogurt
- ¼ cup unsweetened vanilla almond milk
- ¼ cup orange juice

Directions

Place everything in a blender, and blend until smooth, scraping down the sides of the blender as necessary. Serve immediately.

Tips:

- Blend in a handful of fresh spinach leaves to make this even healthier. The sweetness of the fruit will hide any flavor of the spinach.
- Enjoy this smoothie year round by subbing in frozen peaches for the fresh, and a room temperature banana for the frozen one.