

Breakfast | Snack

Juicy Peach Smoothie

5 Mins
Prep Time

0 Mins
Cook Time

2
Servings

266 Calories **3g Fat** **56g Carbs** **7g Protein**



Ingredients

2 Servings (1 Smoothie Each) **5 Mins Total Time** **Allergens: Dairy, Nuts, FODMAPs**

1 Cup Vanilla Almond Milk, unsweetened

1 Cup Non-Fat Vanilla Yogurt

1 Cup Frozen Sliced Peaches, thawed

1 Very Ripe Banana

¼ Tsp Cinnamon

Ice (omit if cold is bothersome)

Allergen Swap

Dairy Use a dairy-free yogurt (soy, coconut, nut milk)

Nuts Omit almond milk and replace with cow's milk or soy milk

FODMAPs Use a dairy-free yogurt; use yellow peaches (white peaches are high in FODMAPs)

Nourishment Note



Peaches

Peeled peaches provide easy to digest fiber and vitamin C to help your body more easily fight infections.



Bananas

Bananas help bind water and slow digestion, minimizing bathroom trips.



Cinnamon

Cinnamon may help lower inflammation within the body, reducing symptoms associated with Crohn's disease and ulcerative colitis.

Instructions

1. Blend Ingredients

Add all ingredients to a blender. Blend for approximately 1-2 minutes, until smooth.

2. Serve & Enjoy

Once fully blended, serve in a tall glass and enjoy!

Recipe Created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cup



Blender



Glass

- Add additional fruit, like blueberries or strawberries, for a boost in fiber and antioxidants.