

Breakfast | Snack

Cherry Limeade Smoothie

5 Mins
Prep Time

0 Mins
Cook Time

2
Servings

123 Calories **1g Fat** **26g Carbs** **2g Protein**



Ingredients

2 Servings • **1 Cup** Serving Size **5 Mins** Total Time **Allergens: Nuts**

1 Medium-Sized Ripe Peach, sliced ($\frac{3}{4}$ cup frozen peaches may also be used)

1 (heaping) Cup Unsweetened Frozen Cherries

$\frac{3}{4}$ Cup Unsweetened Vanilla Almond Milk

1 Lime, juiced

Ice (if needed)

Optional Ingredients

Protein Powder

Chia Seeds

Ground Flax Seeds

Spinach

Allergen Swap

Nuts Replace almond milk with water or cow's milk, or a nut-free milk alternative

Nourishment Note!



Cherries

Cherries are a great source of antioxidants, including anthocyanins and quercetin. Anthocyanins may help decrease the risk for certain cancers and lower inflammation within the body. Quercetin helps protect DNA and the heart.

Instructions

1 Combine Ingredients

Add all ingredients to blender and blend until smooth. Taste and adjust ingredients as needed.

2 Serve & Enjoy!

Pour into a glass and enjoy!

Recipe adapted from minimalistbaker.com

What You'll Need



Knife



Cutting Board



Measuring Cups



Blender

PD Cooking Tips

Peaches: Use frozen, pre-sliced peaches.

Pre-Prep: When you're feeling your best, try prepping the non-liquid ingredients into freezer bags and freeze to save time for days when energy is low.