

Peach Smoothie Recipe

- 4 large peaches or 2 cups frozen
- 1 orange
- 1 cup plain yogurt
- 1 T. flaxseed meal
- 8 oz. unsweetened plain almond, soy or coconut milk

Optional: 2 scoops [whey powder](#)

Blend on high until very smooth with a handful of ice. Add 1 - 2 teaspoons coconut sugar only if the peaches are not naturally sweet.

Serves 2

233 calories