



Peaches and Greens Smoothie

<u>U.S.</u>		<u>Metric</u>
1/2 cup	Greens (kale or spinach), fresh	115 g
1 cup	Almond Milk	240 ml
2/3 cup	Peaches, fresh or frozen	115 g
1 each	Banana, frozen	1 each

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in blender and blend until smooth.

Nutrition Facts

Serving size 1 cup
Servings 2

Calories 98
Calories from Fat 15

Total Fat 2 g
Saturated Fat 0 g
Trans Fat 0 g
Monounsaturated Fat 0 g
Cholesterol 0 mg
Sodium 83 mg
Carbohydrates 21 g
Dietary Fiber 3 g
Sugars 11 g
Protein 2 g

Vitamin A 100 %
Calcium 2.4 %
Vitamin C 12 %
Iron 3 %
Phosphorus 0 mg
