

# STRAWBERRY PEACH SMOOTHIE

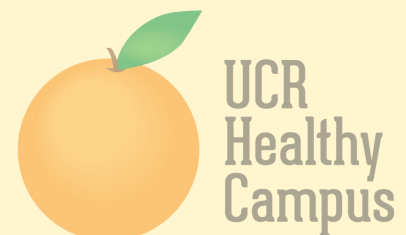


## INGREDIENTS

- 1 cup of frozen strawberries
- 1/2 cup of frozen peaches
- 1 cup of plain yogurt
- 1/2 cup of water (or coconut water)
- Cup of ice

## INSTRUCTIONS

1. Combine all ingredients into a blender.
2. Blend all the ingredients until smooth.
3. Pour smoothie into a cup of ice.
4. Garnish smoothie with a strawberry!
5. Enjoy!



# NUTRITION FACTS

Serving Size: 1

Number of Servings: 2

|                     |        |
|---------------------|--------|
| Calories            | 145    |
| Total fat           | 1.5 g  |
| Saturated fat       | 1.2 g  |
| Cholesterol         | 7 mg   |
| Sodium              | 88 mg  |
| Total carbohydrates | 23.8 g |
| Dietary fiber       | 2.8 g  |
| Sugar               | 20.4 g |
| Protein             | 7.7 g  |
| Vitamin D           | 0 mcg  |
| Calcium             | 236 mg |
| Iron                | 1 mg   |
| Potassium           | 467 mg |

