



PEACH CREAM PROTEIN SMOOTHIE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Vanilla Protein Powder	1 Scoop	Chia Seeds (Optional)	1 Tbsp.
Unsweetened Almond Milk	$\frac{3}{4}$ Cup	Vanilla Extract	$\frac{1}{2}$ Tsp.
Frozen Peaches	$\frac{1}{2}$ Cup	Cinnamon (Optional)	$\frac{1}{4}$ Tsp.
Nonfat Plain Greek Yogurt	$\frac{1}{2}$ Cup	Ice	$\frac{1}{2}$ –1 Cup
SERVING SIZE	1		

PREPARATION

- Add almond milk, frozen peaches, Greek yogurt, protein powder, vanilla extract, cinnamon, and chia seeds (if using) to a blender.
- Blend on high until smooth and creamy.
- Add ice and blend again until the smoothie reaches your preferred consistency.
- Add additional almond milk if needed to thin.