

Perfect Peach Smoothie



Rated: ★★★★★

Prep Time: 5
Minutes

Ready In: 5
Minutes

Submitted By:
AllisonB

Servings: 1

"Frozen peaches and banana bring fruity deliciousness to this smoothie."

INGREDIENTS:

1 large peach, sliced and frozen

1/2 cup orange juice

1 banana, cut into pieces and frozen

1/2 cup soy milk (almond)

~~1 tablespoon ground flax seed (optional)~~

DIRECTIONS:

1. Blend peach, banana, orange juice, soy milk, and flax seed in a blender until smooth.

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