



Health - Energy - Fitness - Confidence

## Creamy peach smoothie

170ml unsweetened almond milk  
50g Greek yoghurt (use dairy free if preferred)  
1 tsp vanilla extract  
25g vanilla flavour whey or rice protein powder  
5 ice cubes  
80g fresh or tinned peaches in juice  
½ tsp ground cinnamon or ginger

Serves 1

Per serving:

210 calories  
26g protein  
13g carbs  
6g fat

Place all of the ingredients in a blender and blend until smooth.

Serve immediately with more ice cubes, if desired.

Consume immediately.

