



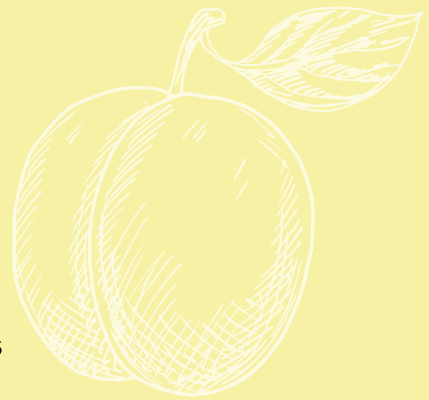
PEACH BLISS SMOOTHIE

Ingredients

- 1/2 fresh or frozen banana
- 1 cup of fresh or frozen peaches
- 1-2 tbsp chia/flax/hemp mixture or 1 scoop of vanilla organic plant based protein powder
- 2 tbsp coconut or Greek yogurt (low sugar preferably)
- 1 cup of liquid (could be one or a mixture of water, coconut water, coconut milk, oat milk or real orange juice)
- Add ice or water for preferred consistency
- Blend & enjoy
- Add peach slice or mint sprig to garnish (optional)

To uplevel your health add:

- 1/2 cup of fresh or frozen kale, spinach & collard greens
- 1 tsp of udos oil 3•6•9 blend to smoothies or salad dressings



Other healthy add ins (to switch it up & add a variety of nutrients):

- Maca, spirulina, chlorella, bee pollen, moringa, collagen, wheatgrass, turmeric, basil, oats, seeds or nuts

