meijer specialty pharmacy

Breakfast | Snack

Cherry Limeade Smoothie

5 Mins	0 Mins	2
Prep Time	Cook Time	Servings

123 Calories 1g Fat 26g Carbs 2g Protein

Ingredients

2 Servings • 1 Cup Serving Size 5 Mins Total Time Allergens: Nuts

- 1 Medium-Sized Ripe Peach, sliced (¾ cup frozen peaches may also be used)
- 1 (heaping) Cup Unsweetened Frozen Cherries
- ¾ Cup Unsweetened Vanilla Almond Milk
- 1 Lime, juiced
- Ice (if needed)

Optional Ingredients

- Protein Powder
- Chia Seeds
- Ground Flax Seeds
- Spinach

Allergen Swap

Nuts Replace almond milk with water or cow's milk, or a nut-free milk alternative

Nourishment Note!

Cherries

Cherries are a great source of antioxidants, including anthocyanins and quercetin. Anthocyanins may help decrease the risk for certain cancers and lower inflammation within the body. Quercetin helps protect DNA and the heart.

meijer specialty pharmacy

Instructions

1. Wash Hands
Wash hands with soap and water.

2. Combine Ingredients
Add all ingredients to blender and blend until smooth.
Taste and adjust ingredients as needed.

3. Serve & Enjoy!
Pour into a glass and enjoy!

4. Wash Hands
Wash hands with soap and water.

Recipe adapted from minimalistbaker.com

What You'll Need

Knife

Cutting Board

Measuring Cups

Blender

PD Cooking Tips

Peaches: Use frozen, pre-sliced peaches.

Pre-Prep: When you're feeling your best, try prepping the non-liquid ingredients into freezer bags and freeze to save time for days when energy is low.