

Breakfast | Snack

Juicy Peach Smoothie

5 Mins
Prep Time

0 Mins
Cook Time

2
Servings

 **266 Calories** **3g Fat** **56g Carbs** **7g Protein**



Ingredients

 **2 Servings (1 Smoothie Each)**  **5 Mins Total Time**  **Allergens: Dairy, Nuts, FODMAPs**

1 Cup Vanilla Almond Milk, unsweetened

1 Cup Non-Fat Vanilla Yogurt

1 Cup Frozen Sliced Peaches, thawed 

1 Very Ripe Banana 

¼ Tsp Cinnamon 

Ice (omit if cold is bothersome)

Allergen Swap

Dairy Use a dairy-free yogurt (soy, coconut, nut milk)

Nuts Omit almond milk and replace with cow's milk or soy milk

FODMAPs Use a dairy-free yogurt; use yellow peaches (white peaches are high in FODMAPs)

Nourishment Note



Peaches

Peeled peaches provide easy to digest fiber and vitamin C to help your body more easily fight infections.



Bananas

Bananas help bind water and slow digestion, minimizing bathroom trips.



Cinnamon

Cinnamon may help lower inflammation within the body, reducing symptoms associated with Crohn's disease and ulcerative colitis.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

Add all ingredients to a blender. Blend for approximately 1-2 minutes, until smooth.

3. Serve & Enjoy

Once fully blended, serve in a tall glass and enjoy!

4. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cup



Blender



Glass

Remission Remix

- Add additional fruit, like blueberries or strawberries, for a boost in fiber and antioxidants.