

Peaches & Greens Smoothie

Prep: 5 minutes

Ingredients:

1 cup spinach leaves
1 cup frozen peach slices, slightly
thawed
1/2 cup sliced banana
1/2 cup nonfat milk
One 5.3-oz. container (about 1/2 cup)
fat-free vanilla Greek yogurt
1/2 cup crushed ice *or* 3 - 4 ice cubes



Directions:

Place all ingredients in a blender. Blend at high speed until smooth. Enjoy!

Nutrition Information: (Per Serving)

Entire recipe (about 18 oz.):

280 calories,
1g fat
52g carbs
20g protein

2 Servings (about 9 oz.):

140 calories
1 g fat
26 g carbohydrate
10 g protein

Recipe From:

<http://www.hungry-girl.com/weekly-recipes/show/healthy-b-fast-5-ingredients-or-less>