

Peach Cobbler Smoothie

8 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Dairy-Free

Use coconut yogurt instead of cottage cheese.

No Cashew Milk

Use almond, rice, coconut or your choice of alternative milk instead.

No Dates

Sweeten with maple syrup, honey or banana instead.

Storage

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

More Protein

Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fiber

Add ground flax seed.

Ingredients

2 cups Unsweetened Cashew Milk

2 Peach (pitted)

2 tbsps Pitted Dates

1/2 cup Vanilla Protein Powder

1 tsp Cinnamon

2 tbsps Ground Flax Seed

2 tbsps Coconut Butter

3 cups Baby Spinach

Nutrition

Amount per serving

Calories	359	Vitamin A	5213IU
Fat	17g	Vitamin C	23mg
Carbs	32g	Calcium	295mg
Fiber	9g	Iron	3mg
Sugar	20g	Vitamin D	139IU
Protein	24g	Vitamin B12	4.2µg
Cholesterol	4mg	Magnesium	132mg
Sodium	163mg	Zinc	3mg
Potassium	723mg	Selenium	12µg