

SUMMER FRUIT SMOOTHIE

PREP TIME

4 minutes

SERVINGS

4

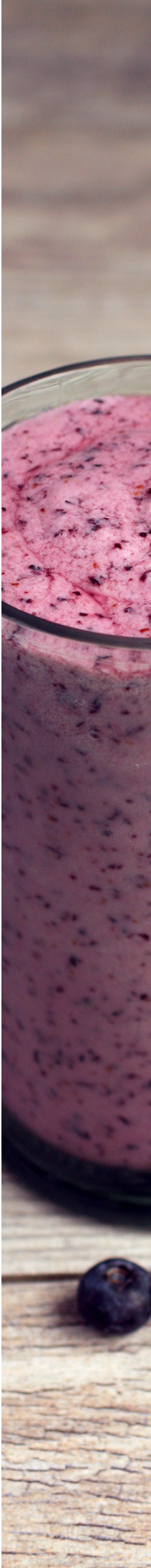
INGREDIENTS

1 cup fresh blueberries
1 cup chopped fresh
strawberries
2 peaches, pits removed and
chopped
6 ounces peach flavored greek
yogurt (non-fat)
1 cup unsweetened almond milk
2 tablespoons flax seed
1 cup ice

INSTRUCTIONS

1. Combine all
ingredients in a
blender and puree
until smooth.

Source: www.diabetesfoodhub.org



Nutrition Facts

Serving size

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 5g	6%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 5g	10%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

