

CALIFORNIA PEACH SMOOTHIE BOWL



NUTRITION:

CALORIES: 598kcal | CARBOHYDRATES: 92g | PROTEIN: 10g | FAT: 23g | SATURATED FAT: 12g | POLYUNSATURATED FAT: 4g | MONOUNSATURATED FAT: 2g | TRANS FAT: 1g | SODIUM: 267mg | POTASSIUM: 945mg | FIBER: 13g | SUGAR: 55g | VITAMIN A: 865mg | VITAMIN C: 33mg | CALCIUM: 209mg | IRON: 4mg

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SERVES

2



METHOD

Bowl



PREP TIME

5 Min



COOKING TIME

0 Min



DIFFICULTY

Low

INGREDIENTS:

- 15 ounce can California peach slices (in juice or extra light syrup; drained)
- 1/2 cup almond milk
- 1 banana
- 1/2 cup ice cubes
- 1 tablespoon honey

OPTIONAL TOPPINGS:

- Canned California apricots
- Coconut
- Granola
- Strawberries (sliced)
- Chia seeds

INSTRUCTIONS:

Combine all of the smoothie bowl ingredients in a blender. Blend until smooth. Pour into two bowls and add the optional toppings of your choice. Enjoy!

