

Food Babe's Peach Chia Smoothie



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	1

<https://foodbabe.com/peach-chia-green-smoothie>

Ingredients:

- 1 peach, pitted
- 2 cups spinach
- 2 tablespoons chia seeds
- ½ banana, frozen
- ½ orange, peeled
- ¼ cup plain yogurt
- 1 date

Instructions:

1. Place all of the ingredients in a blender and blend until smooth.
2. Place in fridge overnight or drink immediately.
3. Add more milk if a thinner consistency is desired or frozen banana if a thicker smoothie is desired. Enjoy!

Notes:

- Vegan: use almond or coconut yogurt