



Energizer Smoothie

Yield: 1 serving

Ingredients

1 cup almond or soy beverage,
unsweetened

1 cup peaches, fresh or frozen

1 very ripe banana, frozen

½ cup fresh greens (kale or
spinach)

Instructions

1. Place all of the ingredients into a blender and blend until smooth.



Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

Nutrition Information **Serving Size: 2 cups**

Calories: 248 | Total Fat: 4.9 g | Saturated Fat: 0.6 g | Monounsaturated Fat: 1 g | Polyunsaturated Fat: 2.6 g
Sodium: 44 mg | Total Carbohydrate: 47 g | Dietary Fiber: 9 g | Sugars: 27.4 g | Protein: 10.8 g

Source: Adapted from Health meets Food