

Peach Smoothie



Serving Size

2 Smoothies



Skill Level

Easy



Diet Type

Dialysis

Ingredients

- 1/3 cup greek yogurt
- 1/2 cup almond milk
- 1 cup frozen peaches
- 1 tbsp honey
- 4 ice cubes

Directions

1. In a blender mix together greek yogurt, almond milk, frozen peaches, honey, and ice cubes
2. Blend until preferred consistency
3. Pour in a cup and enjoy!

Nutrition Facts

Serving: 2 Smoothies

Amount per serving

Calories 140

| | |
|---------------|--------|
| Sodium | 80 mg |
| Potassium | 235 mg |
| Phosphorus | 65 mg |
| Carbohydrates | 20 g |
| Protein | 4 g |