



BLUEBERRY, PEACH AND FLAXSEED SMOOTHIE

Prep Time: 50 seconds | Serves: 2

INGREDIENTS

- 1 small peach, pitted and chopped
- $\frac{3}{4}$ cup frozen blueberries
- $\frac{1}{2}$ cup almond milk
- 2 tablespoons honey
- 1 tablespoon ground flaxseed
- 3 to 4 ice cubes

STEPS

01

Combine the ingredients in a blender and blend for 30 to 60 seconds, or until smooth.

02

Pour into glasses and serve immediately, or store in the refrigerator for up to 3 days.

NUTRITION DATA

281 calories | 15.8g fat
36.5g carbs | 3.2g protein
4.8g fiber | 31.7g sugars
11mg sodium



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Source: Outback Vision Protocol