

Creamy Peach Smoothie

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/peach-smoothie-recipe-with-greek-yogurt>

Ingredients:

- 1 peaches ripe, peeled and cut into chunks, juices reserved
- 1/2 cup whole milk Greek yogurt such as FAGE Total
- 1 packet stevia powder or sweetener of your choice, to taste
- 3 ice cubes

Nutrition:

1. Calories: 15 calories
2. Carbohydrate: 4 grams
3. Fiber: 1 grams
4. Sugar: 3 grams

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