

# Chia Peach Green Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Baby Spinach  
1 tbsp Chia Seeds  
1 Banana  
1 Peach  
1 cup Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	259	Vitamin A	3877IU
Fat	7g	Vitamin C	29mg
Saturated	0g	Calcium	563mg
Trans	0g	Iron	3mg
Polyunsat...	1g	Vitamin D	101IU
Monouns...	2g	Thiamine	0.1mg
Carbs	48g	Vitamin B6	0.5mg
Fiber	10g	Folate	88µg
Sugar	27g	Vitamin B12	0µg
Protein	7g	Magnesium	122mg
Cholesterol	0mg	Zinc	1mg
Sodium	186mg	Selenium	2µg
Potassium	997mg		

## DIRECTIONS

- 01 Add ingredients to blender in order listed (you want your greens on the bottom by the blade so they blend better and have the chia on the bottom to absorb some liquid before you blend).
- 02 Wait a couple of minutes for the chia seeds to start soaking up the almond milk.
- 03 Blend, Serve and Enjoy!

## NOTES

### TIP

Smoothies are the ultimate recipe for substitutions. Try swapping different greens, fruit or seeds to match your preference. Bonus: Chia seeds not only have fiber and essential omega-3 fatty acids but they contain all of the essential amino acids from protein.