



## Peachy Keen with Greens

### Ingredients:

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- 8 ounces baby greens
- 1/2 cup unsweetened soy, hemp or almond milk
- 1/2 cup water
- 1 cup frozen peaches
- 1 cup frozen blueberries or mixed berries
- 1 frozen banana
- 1 teaspoon vanilla extract
- 1 tablespoon chia seeds

### Instructions:

Blend the baby greens, non-dairy milk, and water, then add the remaining ingredients and blend until smooth. Add additional water if needed to achieve desired consistency.

### Nutritional Information:

- **Servings: 2**
- Calories: 190 kcal
- Fat: 4g
- Saturated Fat: 0.5g
- Cholesterol: 0mg
- Sodium: 98mg
- Carbohydrates: 38g
- Fiber: 7 g
- Sugar: 22g
- Protein: 5g

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