



WHATSheATE



About the Author

Shirley Plant has studied in the field of nutrition for many years. Engaged with chronic health issues, she has learned the importance of food in managing health. She has written several books on nutrition, including 'Finally... Food I Can Eat!' and 'The Healthy Heart Diet'. She is also a frequent speaker at health conferences and has been featured in various media outlets. For more information, please visit www.shirleyplant.com.



HEALTH SCORE

58%

Dairy-Free Peach Smoothies



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 cup peaches frozen



1 banana frozen ripe for thicker shakes; see post above for banana-free options ()



1.5 cups vanilla dairy-free milk beverage



2 tablespoons hemp seeds / hemp hearts shelled for other options (see post above)

Equipment

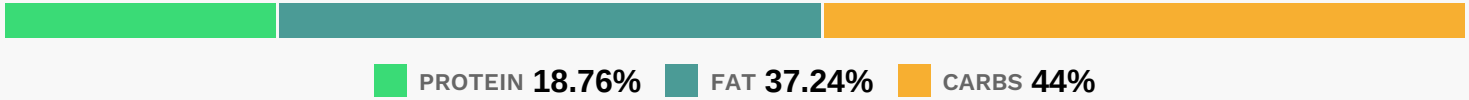


blender

Directions

- ☐ Add the peaches and banana to your blender.
- ☐ Pour in the milk beverage, and add the hemp seeds and spice (if using). Blend until smooth and creamy.
- ☐ Divide the smoothie between two glasses and serve.

Nutrition Facts



Properties

Glycemic Index:64.22, Glycemic Load:11, Inflammation Score:-7, Nutrition Score:17.465217507404%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 251.5kcal (12.57%), Fat: 10.67g (16.42%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 24.54g (8.92%), Sugar: 18.14g (20.15%), Cholesterol: 0mg (0%), Sodium: 99.1mg (4.31%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 12.1g (24.2%), Vitamin B3: 7.2mg (36.02%), Vitamin E: 5.08mg (33.88%), Vitamin B6: 0.65mg (32.41%), Vitamin B12: 1.91µg (31.86%), Calcium: 274.68mg (27.47%), Vitamin B2: 0.45mg (26.42%), Vitamin C: 21.03mg (25.5%), Vitamin A: 1062.09IU (21.24%), Phosphorus: 198.37mg (19.84%), Iron: 3.37mg (18.71%), Folate: 73.06µg (18.26%), Copper: 0.32mg (16.19%), Potassium: 554.73mg (15.85%), Fiber: 3.85g (15.39%), Vitamin D: 2.12µg (14.16%), Vitamin B1: 0.2mg (13.47%), Manganese: 0.21mg (10.31%), Selenium: 6.28µg (8.97%), Magnesium: 22.09mg (5.52%), Zinc: 0.69mg (4.6%), Vitamin B5: 0.31mg (3.15%), Vitamin K: 2.61µg (2.48%)