



Peaches and Cream Cinnamon Spice Frosty



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



13 kcal

DESSERT

Ingredients

- ☐ 2.5 cups vanilla almond milk
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 tablespoons brown sugar light packed
- ☐ 4 cups peaches frozen sliced

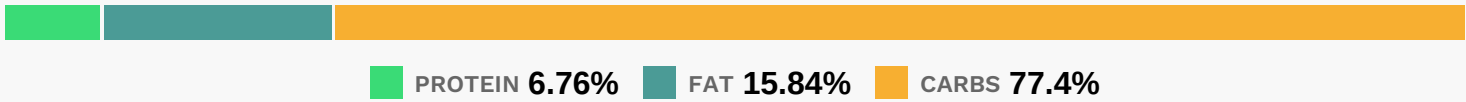
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients into a high powdered blender such as the Blendtec or Vitamix. Blend until well combined, about 30–40 seconds.
- ☐ Pour into glasses and enjoy. For a thicker treat, place in freezer for 20 minutes or so then enjoy.

Nutrition Facts



Properties

Glycemic Index:1.26, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:0.56478260457516%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 13.49kcal (0.67%), Fat: 0.25g (0.39%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.48g (0.9%), Sugar: 2.42g (2.69%), Cholesterol: 0mg (0%), Sodium: 25.08mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Calcium: 22.63mg (2.26%), Fiber: 0.32g (1.29%), Vitamin A: 55.86IU (1.12%)