



Sweet Peach Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



148 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1.5 cups apple juice
- ☐ 0.8 banana ripe peeled chopped
- ☐ 2 teaspoons flaxseed oil
- ☐ 2 teaspoons honey
- ☐ 6 ice cubes
- ☐ 0.8 cup peaches pitted ripe peeled chopped
- ☐ 1 tablespoon vanilla yogurt

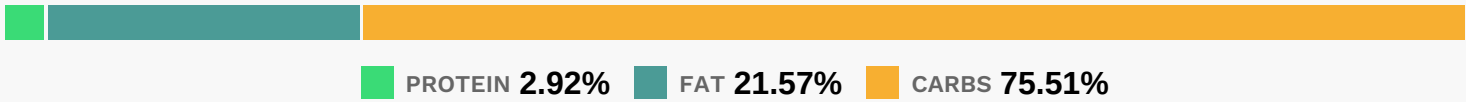
Equipment

☐ blender

Directions

- ☐ Combine the apple juice, peach, banana, yogurt, and ice in a blender and puree until smooth.
- ☐ Add the honey and flaxseed oil and puree briefly to incorporate.
- ☐ Pour into glasses and serve right away.
- ☐ Reprinted with permission from The Alzheimer's Prevention Cookbook: Recipes to Boost Brain Health by Dr. Marwan Sabbagh and Beau MacMillan, © 201
- ☐ Published by Ten Speed Press, an imprint of the Crown Publishing Group.

Nutrition Facts



Properties

Glycemic Index:62.68, Glycemic Load:12.21, Inflammation Score:-3, Nutrition Score:3.6760869052099%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Catechin: 5.24mg, Catechin: 5.24mg, Catechin: 5.24mg, Catechin: 5.24mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 6.75mg, Epicatechin: 6.75mg, Epicatechin: 6.75mg, Epicatechin: 6.75mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 148.37kcal (7.42%), Fat: 3.73g (5.74%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 27.79g (10.11%), Sugar: 23.51g (26.12%), Cholesterol: 0.33mg (0.11%), Sodium: 16.25mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Manganese: 0.2mg (9.94%), Potassium: 294.85mg (8.42%), Vitamin B6: 0.14mg (7.22%), Vitamin C: 5.34mg (6.47%), Fiber: 1.6g (6.41%), Vitamin E: 0.9mg (6%), Magnesium: 18.68mg (4.67%), Vitamin B2: 0.07mg (4.1%), Copper: 0.07mg (3.75%), Phosphorus: 32.83mg (3.28%), Vitamin B1: 0.05mg (3.15%), Vitamin B3: 0.61mg (3.05%), Vitamin A: 148.5IU (2.97%), Vitamin B5: 0.26mg (2.58%), Calcium: 25.45mg (2.55%), Selenium: 1.59µg (2.27%), Folate: 9.04µg (2.26%), Iron: 0.38mg (2.11%), Zinc: 0.23mg (1.51%), Vitamin K: 1.31µg (1.25%)