



Nectarine Strawberry Smoothie

1 serving
10 minutes

Ingredients

- 1 Nectarine (pitted, chopped)
- 1/2 cup Strawberries
- 1 tbsp Chia Seeds
- 1 cup Plain Coconut Milk (from the carton)
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	307
Fat	10g
Carbs	34g
Fiber	9g
Sugar	22g
Protein	23g
Cholesterol	4mg
Sodium	76mg
Vitamin A	979IU
Vitamin C	50mg
Calcium	662mg
Iron	2mg
Selenium	7µg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/2 cup.

No Coconut Milk: Use any other alternative milk.

More Fiber: Add pumpkin seeds, seed butter, and/or baby spinach before blending.