



PEACH DELIGHT SMOOTHIE

By Dr. Cindy Tanzar
(Standard)

Makes 1 serving. Covers a full meal.



INGREDIENTS

- 2 Scoops Vanilla Protein Powder
- 1 cup frozen peaches
- 10 oz unsweetened almond or coconut milk
- 2 tablespoons unsweetened shredded coconut
- 1 cup frozen cauliflower rice
- Stevia to taste

INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.