



Peach Smoothie

Peaches are in season this time of year. They do contain some sugar yes but you can enjoy them freely in a smoothie especially with some almond or hemp milk and chia to slow the absorption of the sugar.

2 servings

3-4 ripe peaches

3 Tb chia seeds soaked in 1 ½ cup hemp milk or almond milk

2 handfuls of kale, spinach or romaine

1 Tb kelp granules

2 ice cubes if you like cold drinks

- Blend all ingredients except ice
- Add ice and blend to desired consistency
- Enjoy!