Banana & Peach Smoothie

Makes 4 servings

Recipe courtesy of:
www.besthealthmag.ca/eat-well

Ingredients

- 2 large bananas- sliced
- 1 can of peach halves in juice
- 200g of plian low fat yogurt
- ⅓ cup of fresh mint
- 1 tbsp of honey
- 1¼ cups of orange juice
- Fresh mint springs

Directions

1. Place the bananas, peaches and juice, yogurt, mint and honey in a food processor or blender
2. Blend to a smooth purée, scraping down the sides of the container once or twice
3. Add the orange juice and blend briefly until mixed.
4. Pour the smoothie into tall glasses and garnish with sprigs of mint, if desired

173 Calories per serving

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