

# Food Babe's Peach Chia Smoothie

**Prep time**  
5 mins

**Total time**  
5 mins

Serves: 1

## Ingredients

- 1 peach, pitted
- 2 cups spinach (or other leafy green - romaine works well too)
- 2 tablespoons chia seeds
- ½ frozen banana, peeled
- ½ orange
- ¼ cup plain grass-fed yogurt or nut milk of choice
- (Optional: 1 date for an extra hint of sweetness)



## Instructions

1. Place all of the ingredients in a blender and blend until smooth.
2. Place in fridge overnight or drink immediately
3. Add more milk if a thinner consistency is desired or frozen banana if a thicker smoothie is desired. Enjoy!

## Notes

**\*\*Please choose all organic ingredients if possible.\*\***

Recipe by Food Babe at <https://foodbabe.com/2015/08/14/peach-chia-green-smoothie/>