



Healthdor

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## Peach and Strawberry Smoothie ♦

A refreshing smoothie made with fresh peaches and strawberries. Perfect for a hot summer day.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

200 g	peaches
200 g	Strawberries
1 c	ice
2 tbsp	honey
1 c	milk

# Directions

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## Step 1

Cut

Wash and slice the peaches and strawberries.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blender

Add the sliced peaches and strawberries to a blender.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Blender

Add the ice, honey, and milk to the blender.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

## Blender

Blend until smooth and creamy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 5

### Serving

Pour into glasses and serve immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 0 g

**Protein:** 2 g

**Carbohydrates:** 50 g

## Nutrition Facts

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## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	40 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	10 mg	1%	1%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

### Meal Type

Lunch

Dinner

Snack

Supper

### Difficulty Level

Easy

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