

PAPAYA PEACH ALMOND SMOOTHIE

Makes 3.

By Dennis W. Viau; an original recipe.

If you prefer a mild, delicately flavored smoothie, this one is for you. It doesn't have a bold flavor. Instead, it is lightly flavored with fruit and almond. The coconut oil adds a hint of tropical flavor.

Ingredients:

7 ounces (200g) frozen papaya pieces

7 ounces (200g) frozen peach pieces

3½ cups (830ml) almond milk

2 packets stevia

2 tablespoons coconut oil

Optional: 2 tablespoons almond butter

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending.

Those needing numbers for calories, carbohydrates, fiber, etc. can find that information on product Nutritional Facts labels and on the CalorieKing.com web site.

