grow in wellness

Peachy Cream Smoothie

Blend the following:

12 ounces almond milk
¼ cup raw cashews
1 tsp pure vanilla extract
2 cups fresh, ripe peaches
1 TBSP raw honey
1 TBSP of chia seeds
dash of cinnamon
large handful spinach
ice cubes (3-4)

Optional: add protein powder and drink for breakfast.
Use frozen peaches when fresh are not available just omit the ice cubes