

Peach of a Carrot Zucchini Smoothie

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/peach-of-a-carrot-zucchini-smoothie/>

Note: Unsweetened canned or frozen peaches can be used and milk can be substituted with a nondairy alternative.

Ingredients

- 1 medium peach, unpeeled, halved and pitted*
- 1 small carrot, unpeeled and chopped into quarters
- 1/2 small zucchini or yellow summer squash, unpeeled and chopped into quarters
- 2 Tbsp. pumpkin seeds, unsalted
- 1/2 tsp. cinnamon
- 1/2 cup milk**
- 1/2 tsp. vanilla extract
- 5 ice cubes
- 1 medium peach, unpeeled, halved and pitted*
- 1 small carrot, unpeeled and chopped into quarters

Instructions

1. Place peach, carrot and squash in the container of a blender.
2. Add pumpkin seeds, cinnamon, milk, vanilla extract and ice cubes to blender.
3. Cover and process a few seconds until smooth and creamy.
4. Pour into a glass and enjoy immediately, or chill until serving time.

Makes 1 serving.

Nutrition information per serving

Calories: 245	Dietary Fiber: 4 g
Total Fat: 8 g	Sodium: 82 mg
Saturated Fat: 1 g	Protein: 11 g
Cholesterol: 0 mg	Carbohydrates: 37 g