

# Blueberry, Peach & Spinach Smoothie

*This recipe makes 2- 1 ½ cup servings*



## Ingredients

**1 cup** blueberries (fresh or frozen)  
**2 cups** peach slices (fresh or frozen)  
**2 cups** packed spinach  
**1 cup** milk of choice (dairy or plant-based)  
**1 teaspoon** honey

**Optional:** 1 scoop of vanilla protein powder

## Directions:

1. In a blender, add the blueberries, peach slices, and spinach.
2. Pour in the milk of your choice and add the honey.
3. If using, add the scoop of vanilla protein powder
4. Blend on high speed for 30-60 seconds or until all ingredients are fully combined, and there are no chunks
5. Add parchment paper to your trays
6. Spread the smoothie evenly on your trays
7. Place dividers (if you choose). We found using four portions per tray works well
8. Pre-freeze before Freeze Drying, when possible
9. Freeze Dry (my cycle time was 36 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

**Rehydration With divider portions:** Add 1 of your 4 divider portions to a blender as well as 1 ½ cups of water or milk. Blend until smooth\*. OR Add 1 portion to a shaker bottle and 1 ½ cups of milk or water. Let it sit for a few minutes, then shake to mix. It may take a bit longer to rehydrate if it is not in powder form.

**Rehydration Without dividers:** Powder in a blender before storing. Add ¾ C of powder to a shaker or blender. Add 1 ½ cups of milk or water. Shake or blend\* until smooth. \*Add ice to the blender if you want a thicker smoothie.

## Nutritional Value Per 1 Cup Serving before freeze-drying

### Without protein powder per 1 cup serving

Calories: 117 Protein: 4 g Fat: 1 g Carbohydrates: 25 g Sugar: 21 g Fiber: 2 g

### With protein powder per 1 cup serving (this could vary with different protein powders)

Calories: 157 Protein: 12 g Fat: 1 g Carbohydrates: 26 g Sugar: 21 g Fiber: 2 g