



Peaches & Greens Smoothie



Entire recipe (about 18 oz.): 281 calories, 1g total fat, 134mg sodium, 51.5g carbs, 5.5g fiber, 36.5g sugars, 19.5g protein

[Click for WW Points® value*](#)

Prep: 5 minutes



More: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Single Serving](#)

Ingredients

1 cup spinach leaves
1 cup frozen peach slices, slightly thawed
1/2 cup sliced banana
1/2 cup light vanilla soymilk
One 5.3-oz. container (about 1/2 cup) fat-free vanilla Greek yogurt
1/2 cup crushed ice *or* 3 - 4 ice cubes

Directions

Place all ingredients in a blender. Blend at high speed until smooth. Enjoy!

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.