

Jill's Joyful Kitchen



Peach Smash Smoothie

- ½ cup canned peaches, drained (about 6-7 slices)
- ½ banana, frozen
- 3 slices of fresh oranges
- ¾ soy milk
- ½ teaspoon vanilla extract
- 1 teaspoon flaxseeds
- ¼ cup crushed ice

Place all ingredients in a blender and blend until smooth.