

Peach-Mango Protein Smoothies

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*1/2 (1 cup) European cucumber, peeled and chopped
1 medium (1/2 cup) carrot, peeled and chopped
1/2 (1/2 cup) fresh mango, peeled and chopped
1/2 cup fresh spinach leaves
2 cups frozen unsweetened peach slices
1 cup unsweetened coconut water
3 scoops vanilla whey protein powder
1 container (53 ounce) nonfat coconut-flavored Greek yogurt*

Place all of the ingredients in a blender or food processor.

Blend until smooth.

Serve.

Per Serving (excluding unknown items): 58 Calories; trace Fat (3.4% calories from fat); 1g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Fruit.