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Peach passion fruit smoothie

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I don't think there's a right or wrong way to enjoy these things! You can use fresh peaches and slice and freeze them or buy a bag of frozen ones. Do you enjoy smoothie bowls? Will you make this healthy summer fruit smoothie bowl? Facebook6Yummly87Twitter Jump to Recipe Print RecipeMango peach and passion fruit smoothie. Easy to make, deliciously creamy tasting, healthy and packed with nourishing wholesome ingredients. Perfect as a pick me up, as a snack or just a great healthy start your day! My mango peach and passion fruit smoothie gives you a massive boost in terms of vitamin C, vitamin A, vitamin B-6, vitamin K and potassium. Not to mention the fruit ingredients also being associated with a decreased risk of macular degeneration, a decreased risk of colon cancer and improvement to digestion, bone health, skin and hair. The sun doesn’t always shine here in Scotland. Its often dark and grey, so I make sure I drink lots of smoothies to keep me in a good mood. That’s one of the reasons here we need plenty of vibrant drinks like this mango, peach and passion fruit smoothie! Anyway, let’s get on with the mango peach and passion fruit smoothie recipe for you now. This is the yogurt I use (below), the Yeo valley one, available from well known U.K. supermarkets. Note – I did not receive any sponsorship for this recipe. It’s my personal choice to use in this passion fruit smoothie. However, there is nothing wrong with buying individual mango, peach and passion fruit yogurts, just make sure they are 0% fat or the nutrition label is invalid. For This Mango Passion Fruit Smoothie You May Need…. The following links and any links in the recipe card below are affiliate links. This means that if you click on it and then buy that product, I’ll get a small commission (at no extra cost to you of course). If you do click through, then thanks for being a part of Neil’s Healthy Meals! Equipment Measuring jug Kitchen scale Chopping board Kitchen knives Blender Subscribe to Neil’s Healthy Meals Don’t miss future updates and new recipes. Make sure you’re subscribed to Neil’s Healthy Meals. Subscribe here to add your email to the subscription list. And you can follow me too via your favourite social channels :- Facebook, Pinterest, Twitter, Instagram, Bloglovin & YouTube. *I do not use your email for anything else other than adding you to my blog subscription list which you can opt out of at any time. Other Popular Smoothie Recipes You Might Also Like If you like this Mango Peach and Passion Fruit smoothie then you might also like to try my other popular smoothie recipes :- Banana Boost Smoothie – With vitamin E and calcium from the bananas this is a great instant energy booster. Plus it’s only 378 calories! Raspberry and Pear Smoothie – Packed full of protein, calcium and potassium and it’s really low in calories too. Blueberry Apple Smoothie – Gives you a good shot of vitamin C, adds to your daily fibre requirements and contains valuable antioxidants. Mango peach and passion fruit smoothie. Easy to make, deliciously creamy tasting, healthy and packed with nourishing wholesome ingredients. Mango Peach and Passion Fruit Smoothie Recipe This easy passion fruit smoothie means you’ve no excuse not to have a fantastic healthy start to the day! I’d love to hear what you think of my recipe in the comments below and please do rate my recipe 5* if you like it! Print Recipe Superbly simple, mango, peach and passion fruit smoothie. Creamy tasting, healthy and packed with nourishing wholesome ingredients. Servings: 2 Calories: 238kcal Author: Neil The following links and any links in the recipe card below are affiliate links. This means that if you click on it and then buy that product I’ll get a small commission (at no extra cost to you of course). If you do click through then thanks for being a part of Neil’s Healthy Meals! 200 ml skimmed chilled milk450 g mango peach and passion fruit yogurt 0% fat 1 peach halved, stoned and cut into small chunks1 passion fruit halved, pulp removed Put the milk, yogurt and peach chunks into a blender / food processor and blend for about 10 – 15 secondsAdd the passion fruit pulp and blend for a further 10 secondsTransfer to tall glasses and serve. Best served chilled Calories: 238kcal | Carbohydrates: 24.7g | Protein: 11.9g | Fat: 10.9g | Saturated Fat: 6.6g | Cholesterol: 39.6mg | Sodium: 150.4mg | Fiber: 2.1g | Sugar: 23g | Vitamin A: 750IU | Vitamin C: 12.4mg | Calcium: 390mg | Iron: 0.5mg Related This flavorful fruit smoothie will give you the energy boost you need after a serious workout. Bonus? The ginger adds some anti-inflammatory oomph, making it the perfect drink for muscle repair and recovery. Watch the video to see a step-by-step demonstration. This flavorful fruit smoothie will give you the energy boost you need after a serious workout. Bonus? The ginger adds some anti-inflammatory oomph, making it the perfect drink for muscle repair and recovery. Watch the video to see a step-by-step demonstration. 1 cup passion fruit nectar2 cups sliced peeled peaches8 ounces vanilla fat-free yogurt1/8 teaspoon almond extract1/8 teaspoon ground ginger peach, passionfruit & pomegranate PURÉE, high protein whey & greek yogurt Get a quadruple dose of Vitamin C rich fruits: ripened Peach, tart Passionfruit, anti-oxident rich Pomegranate with just a pinch of sweet Raspberry in a fruit purée is the centerpoint of this protein-rich blend featuring creamy high protein whey, yogurt, whole milk and coconut cream. This smoothie packs a protein punch and is easily prepared in the included Cook-in-Bag. Just add cool water & stir! Ready to sip in five minutes! It's the perfect quick-start or mid-day boost for the long trail ahead! AboutInstructionsIngredients & NutritionReviews (1)FAQ This little vitamin boost of a smoothie will fill you right up with vitamins and fibre which are excellent to start the day with/get you through until lunchtime. Acai berries contain amino acids which help promote muscle performance, energy production, endurance and strength. Acai berries contain as much vitamin C as blueberries and is also a source of vitamins A, B1, B2, B3 and E. It is also a source of calcium, magnesium, zinc and copper. Passion fruit is despite its size full of goodies. It’s high in A and C vitamins, a good source of fibre and rich in antioxidants. Blood oranges are, hence the name, red inside with a reddish-orange outer peel. The red colour comes from anthocyanins, the same element that makes blackberries blue/black and red cabbage red. Anthocyanins are not only pigments but powerful antioxidants which we just can’t get enough of. ,No reviews, yet. Why not be the first?,Minimum life based on 'use-by' date of product. Average life based on last week's deliveries. Life guarantee shown based on delivery tomorrow with the Life guarantee starting the following day.Please book a slot to view Life guarantee for your chosen delivery day.See Terms & Conditions for further details.DisclaimerThis page serves as a summary for information purposes only, and are designed to enhance your shopping experience on the website. While we have taken care in preparing this summary and believe it is accurate, it is not a substitute for your reading the product packaging and label prior to use. You should note that products and their ingredients are subject to change. If you do require precise ingredient information you should consult the manufacturer, whose contact details will appear on the packaging or label. Shop is therefore unable to accept liability for any incorrect information. 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