

Peach, Banana and Spinach Smoothie

This peach smoothie was lovely and I've made it many times since. Why had I never had peach in a smoothie before?! It's so fragrant – the smell of this smoothie is divine.



- 1 large peach or nectarine, chopped and stone removed
- 1 banana
- Handful spinach
- 2 dates
- 6 cashew nuts
- 300ml almond milk