



Strawberry-Peach Smoothie

featured at the 2026 Allendale County Schools Wellness Day Food is Medicine session

A cafe favorite, this easy peach smoothie recipe gets a boost of protein and has the perfect amount of sweetness from ripe peaches and berries. Here's what you'll need to make it at home:

Ingredients

1 to 2 servings

- **Peaches:** 1 cup (fresh or *frozen slices)
- **Strawberries:** 1 cup (fresh or *frozen)
- **Plant-Based Yogurt:** ½ cup (e.g., coconut, soy, or almond-based)
- **Vanilla Plant-based Protein Powder:** 1 scoop (vanilla or unflavored works best with these fruits; we like the organic option by Orgain)
- **Maple Syrup (optional):** 1–2 teaspoons (adjust based on fruit ripeness)

*For the best texture, use at least one type of frozen fruit to ensure a thick, chilled consistency without needing extra ice.

Preparation Steps

1. **Add Liquid First:** Pour your yogurt into the blender first to prevent the protein powder from sticking to the bottom.
2. **Add Solids:** Add the strawberries, peaches, and protein powder.
3. **Sweeten:** Drizzle in the maple syrup (optional).
4. **Blend:** Process on high until completely smooth and velvety.
5. **Adjust:** If it's too thin, add more frozen fruit or a few ice cubes and blend again.