



truwhip

Strawberry Peach Smoothie

Serves: 2 | Prep Time: 5 min



Directions

1. In a blender, add the banana, peaches, orange and Truwhip Keto Whipped Topping. Combine ingredients until smooth, you can also add water if it's too thick.
2. Pour half of the peach smoothie in each glass, then set aside. Add the strawberries into the blender with 1/4 cup of water and another frozen banana. Blend until smooth and then add the strawberry layer.

Serve and enjoy!

Ingredients

- 1 1/2 cups of frozen sliced peaches
- 1 cup of frozen strawberries
- 2 cups of frozen bananas (2 bananas sliced)
- 8 oz of Truwhip Keto Whipped Topping
- 1 whole orange, peeled
- 3 tbsp of chia seeds, optional