

# Peach Smoothie

- 1 cup orange juice
- 2 peaches (fresh or frozen)
- 1 banana (frozen)
- 1 tablespoon flax seed

Grind flax seed to a powder using a coffee bean grinder. Blend all ingredients until smooth. This is a simple, but refreshing smoothie to jump-start your day.

Recipe by Melanie Skelton

