



FCS FOUNDATION

Peach Smoothie with Chia

Enjoy this smoothie as a refreshing drink or spoon it up out of a bowl! Good as a breakfast or a snack/dessert. Freeze leftovers and thaw...as good (or better) than day one!

Ingredients:

- 1 ¼ cups frozen peach slices (no added sugar)
- ½ cup skim milk
- ½ cup nonfat Greek yogurt
- 1 tsp chia seeds
- ½ tsp vanilla extract
- 2-4 packets of sugar sub (Stevia or your choice)

Directions:

Place all ingredients in a blender or food processor and blend until smooth.

Serves one for breakfast (serving size 2 cups) or two to four as a snack/dessert. Garnish with fresh fruit and a mint sprig.

Nutritional Information:

179 calories with 1.2 grams total fat

Recipe by Mary Felando, MS, RDN, CLS, FNLA

Our mission

To establish a global support network to promote advocacy and education for patients and caregivers living with Familial Chylomicronemia Syndrome (FCS)