

Healthy Peach Cobbler Smoothie

If you love the warm, comforting flavors of homemade peach cobbler but want a healthier way to enjoy them, this Peach Cobbler Smoothie is the perfect solution. It captures everything you love about the classic dessert—sweet peaches, creamy vanilla, hearty oats, and warm cinnamon—without the heavy butter, refined flour, or excessive sugar. Made with frozen peaches, Greek yogurt, rolled oats, almond butter, and cozy baking spices, this smoothie is packed with protein, fiber, and wholesome ingredients that help keep you feeling satisfied. It's delicious enough for breakfast, nourishing enough for a post-workout snack, and indulgent enough to satisfy dessert cravings.

Healthy Peach Cobbler Smoothie

Prep Time: 5 minutes

Total Time: 5 minutes

Servings: 2

Ingredients

- 2 cups frozen peach slices
- 1 medium frozen banana
- 1 cup plain nonfat Greek yogurt
- 1 cup unsweetened almond milk
- $\frac{1}{4}$ cup old-fashioned rolled oats
- 1 tablespoon natural almond butter
- 1 tablespoon ground flaxseed
- 1 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg

- $\frac{1}{8}$ teaspoon ground ginger
- Pinch of ground cloves (optional)
- 1 teaspoon honey or pure maple syrup (optional)
- 1 cup ice cubes (optional, for a thicker smoothie)

Instructions

1. Add the almond milk, Greek yogurt, frozen peaches, frozen banana, rolled oats, almond butter, ground flaxseed, vanilla extract, cinnamon, nutmeg, ginger, cloves (if using), and honey or maple syrup (if desired) to a high-powered blender.
2. Blend on high for **60–90 seconds**, or until smooth and creamy.
3. If you prefer a thicker smoothie, add the ice cubes and blend again until smooth.
4. Taste and adjust the sweetness or spices if desired.
5. Pour into two tall glasses.
6. Lightly sprinkle each smoothie with ground cinnamon before serving.

Nutritional Facts (Approximate Per Serving)

Nutrient	Amount
Calories	290
Protein	15 g
Carbohydrates	41 g
Fiber	7 g
Total Sugars	23 g*
Added Sugars	0–3 g**
Fat	8 g
Saturated Fat	1 g

Nutrient	Amount
Cholesterol	5 mg
Sodium	105 mg
Potassium	620 mg
Calcium	18% DV
Iron	10% DV
Vitamin C	20% DV
Vitamin A	12% DV

*Naturally occurring sugars from peaches, banana, and dairy.

**Depends on whether honey or maple syrup is added.

Nutrition values are estimates and may vary depending on the ingredients and brands used.

Why You'll Love This Recipe

- Tastes like homemade peach cobbler in a glass.
- Rich, creamy, and naturally sweet.
- High in protein and fiber to help keep you feeling full.
- Made with wholesome ingredients.
- Ready in just 5 minutes.
- Perfect for breakfast, a healthy snack, or a light dessert.

Women's Health Benefits

Peaches provide vitamin C, antioxidants, and fiber that support immune function, digestive health, and overall wellness. Greek yogurt contributes high-quality protein and calcium to support healthy muscles and bones, while rolled oats contain soluble fiber that promotes heart health and helps maintain steady energy levels. Ground flaxseed adds fiber and plant-based omega-3 fatty acids, and almond butter provides heart-healthy monounsaturated fats and vitamin E.

Together, these ingredients create a balanced smoothie that is both satisfying and nourishing.

Recipe Tips

- Use frozen peaches for the thickest, creamiest texture.
- Freeze ripe bananas ahead of time to naturally sweeten the smoothie.
- If your peaches are very sweet, you may not need any honey or maple syrup.
- Add an extra splash of almond milk if you prefer a thinner consistency.
- Sprinkle a little extra cinnamon on top just before serving for an authentic peach cobbler flavor.

Delicious Variations

High-Protein Peach Cobbler Smoothie

Add **30 grams** ($\frac{1}{4}$ cup or 4 level tablespoons) of vanilla protein powder. If needed, add an additional **2–3 tablespoons** of almond milk to maintain a smooth consistency.

Peach Cobbler Smoothie Bowl

Reduce the almond milk to $\frac{3}{4}$ cup for a thicker consistency. Top with fresh peach slices, rolled oats, chopped pecans, chia seeds, and a sprinkle of cinnamon.

Peach Berry Cobbler Smoothie

Blend in $\frac{1}{2}$ cup frozen blueberries or strawberries for an antioxidant boost and a fruity twist.

Tropical Peach Cobbler Smoothie

Add $\frac{1}{2}$ cup frozen pineapple chunks and a tablespoon of

unsweetened shredded coconut for a tropical variation.

Disclaimer: Nutritional values are estimates and may vary depending on the ingredients, brands, and preparation methods used.