

Peach Smoothies



FRESH PEACH SMOOTHIE

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1 c. sliced fresh or thawed peaches

1 c. plain yogurt

1 c. skim milk

1 tbsp. honey

Combine all ingredients in container of electric blender. Process until smooth.

Peach Smoothie Recipe

Ingredients:

1 large peach, sliced and unseeded

1/2 cup of peach yogurt

1/2 cup of whole milk

6 ice cubes

Directions:

Blend the peach slices with the ice cubes and milk first until slushy texture is formed. Then add the yogurt and blend for another minute on low setting. You may substitute fresh peaches with canned peaches with the syrup in this smoothie recipe.

Refreshing Peach and Rum Smoothie Recipe

(serves 2)

Ingredients

2 tbsps rum

3 tbsps lemon juice

2 cups sliced fresh peaches

4 ice cubes

Method

To make this simple refreshing peach and rum smoothie simply place the rum, lemon juice, fresh peach slices and ice cubes into your blender, blend on full power for around 30 seconds, serve and enjoy it! Perfect for a nice summers evening tipple!

Thank you to Maria Cellobane for this recipe.