



PEACH SMOOTHIE

“Use up ripe peaches with a refreshing, tropical smoothie”



PREP TIME
5 MIN



SERVINGS
1 SERVING

Ingredients

- $\frac{3}{4}$ cup milk of choice
- $\frac{1}{4}$ cup yogurt
- $\frac{3}{4}$ cup frozen peaches
- $\frac{1}{4}$ cup frozen banana or other frozen fruit
- $\frac{1}{2}$ tablespoon honey
- $\frac{1}{4}$ teaspoon cinnamon
- ice cubes, optional

Instructions

1. Place ingredients in a blender and blend until smooth.
2. Add in more frozen fruit to maintain a thicker smoothie bowl consistency.
3. Top with honey, seeds, and toppings as desired