



Peach Smoothies

1 large peach, seeded and sliced
½ cup peach yogurt
½ cup milk
6 ice cubes
Sugar or sweetener, if needed, to taste

Place peaches, sugar (if using), milk and ice in blender. Blend until ice is crushed. Add the yogurt. Blend and serve.

This recipe is for one 8 oz. very full glass. If you are serving it to little ones you can divide it in two. You may also substitute the fresh peach for canned ones. Use some of the syrup in lieu of sugar.

©TheFrugalChef™ 2009