



*Summer Peach Shake*

# Summer Peach Shake



Prep 10 minutes



Makes 1.5L / Serves 4

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*4 large fresh peaches, quartered*

*500ml chilled milk*

*200g natural yoghurt*

*2 tablespoons honey*

*1 teaspoon ground cinnamon*

*6 ice cubes*

*1 ½ teaspoons vanilla extract*

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## Method

1. Place ingredients into blender jug and secure lid.



**SMOOTHIE**

*until program finishes.*

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Prep 10 minutes



Serves 1

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*1 fresh peach, quartered*

*250ml chilled milk*

*100g natural yoghurt*

*2 teaspoons honey*

*¼ teaspoon ground cinnamon*

*¼ teaspoon vanilla extract*

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## Method

1. Place ingredients into personal blender cup and secure blade assembly.



**SMOOTHIE**

*until program finishes.*