



Summer Peach Shake

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Prep 10 minutes



Makes 50oz (1.5L) / Serves 4

- 4 large peaches, quartered*
 - 2 cups (480ml) chilled milk*
 - 1 cup (240g) plain yogurt*
 - 2 tablespoons honey*
 - ½ teaspoon ground cinnamon*
 - ½ teaspoon vanilla extract*
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Method

- 1. Place ingredients into blender jug and secure lid.*

 *SMOOTHIE until program finishes.*



Prep 10 minutes



Serves 1

- 1 large peach, chopped*
 - 1 cup (240ml) chilled milk*
 - ½ cup (120g) plain yogurt*
 - 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.*