



Summer Peach Shake

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Prep 10 minutes



Makes 1.5L / Serves 4

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

Method

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

SMOOTHIE until program finishes.



Prep 10 minutes



Serves 1

1 fresh peach, quartered

250ml chilled milk

100g natural yoghurt

2 teaspoons honey

¼ teaspoon ground cinnamon

¼ teaspoon vanilla extract

Method

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

SMOOTHIE until program finishes.