

## PEACH BEACH SUMMER SPECIAL

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### SMOOTHIE MAKER RECIPE

This delicious smoothie is just peachy! Combine ripe juicy peaches with sumptuous peach yoghurt and milk to create a deliciously creamy smoothie. Add some runny honey for extra sweetness and grate nutmeg for an added flavour finish!

### INGREDIENTS

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1/2 a fresh ripe peach diced into 1/2 inch cubes

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120ml (small pot) Peach Yoghurt or Plain if preferred

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100ml Fresh Full Fat Milk

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2 Teaspoons of Honey

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Nutmeg (Optional)

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### METHOD

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#### STEP ONE

Peel and slice peach into small pieces

#### STEP TWO

Place peach, milk, yoghurt and honey into the Smoothie Maker

#### STEP THREE

Blend until smooth

#### STEP FOUR

Add honey and Nutmeg to taste

#### STEP FIVE

Pour into glasses

#### STEP SIX

Decorate with peach or raspberry pieces