

JUST PEACHY SMOOTHIE

INGREDIENTS:

2 Cups - Peach nectar
1 Cup - Vanilla flavored frozen yogurt
1/2 Large Banana (or a whole small one)
1 Cup - Peach yogurt
1-1/2 Cups - Frozen peach slices
5-7 Ice Cubes

INSTRUCTIONS:

Pour all liquid ingredients and ice cubes into a blender. Run on HIGH til ice is crushed.

Add all frozen ingredients.

Blend at MIX/STIR setting for about 30 seconds or until smooth, stopping once and using a rubber spatula, scrape sides of blender to fully incorporate ingredients.

Serve immediately. Serves 3-5.

NOTES:
