

Peach Smoothie

Servings

2

Time

5 minutes

Tools

Blender

Ingredients

2 oz. [Peach syrup](#)

1 cup frozen strawberries

1 fresh strawberry

1 cup frozen peaches

1 fresh peach

1 cup plain yogurt

1/2 cup milk

1 cup ice

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Instructions

Dice fresh strawberry and peach and set aside. In a blender, add 1 cup of frozen peaches, 1 cup of frozen strawberries, 1 cup of plain yogurt, 1/2 cup of milk and 2 oz. of Peach syrup and blend well. Pour the smoothie into 2 glasses and top with diced strawberries and peaches.

