

Peach Smoothies Recipe

Ingredients:

1 large peach, sliced and unseeded
1/2 cup of peach yogurt
1/2 cup of whole milk
6 ice cubes

Directions:

Blend the peach slices with the ice cubes and milk first until slushy texture is formed. Then add the yogurt and blend for another minute on low setting. You may substitute fresh peaches with canned peaches with the syrup in this smoothie recipe.

Ice Cream and Peach Smoothie Recipe

This ice cream and peach smoothie recipe combines ice cream with peaches which makes a very delicious smoothie. Any ice cream flavor can be used but for this peach smoothie recipe we recommend a peach flavored ice cream or plain vanilla.

Peach Smoothie Tips and Health Benefits

Peaches are full of antioxidants and nutrients. For slushy smoothies, if you are using peaches from a can, make sure the syrup is light and thin. For thick smoothies, the thick syrup is better.

Ice Cream and Peach Smoothies Recipe

Ingredients:

1 large peach, sliced and unseeded
1/2 banana
1/2 cup of peach or vanilla ice cream
1 cup of whole milk