



Peach Smoothie



Makes 2

Ingredients

- 2 Fresh Peaches from Apricot Grove
- 2 tablespoons yoghurt
- 400ml Fresh milk
- 1 tablespoon honey

Equipment

- Breville Blender
- Knife and board
- Measuring cups
- Measuring spoons

Method

1. Cut the peaches and remove the stone
(you can leave the skin on or off, depending on what you like)
2. Place in a blender jug
3. Add all other ingredients
4. Adjust flavour by adding more honey or yoghurt if necessary
5. Blend until smooth and pour into large cups
6. Slurp

The fun thing about smoothies is that you can use what ever fruit is fresh, tasty and in season.

Some other fruits that go well in smoothies are strawberries, blueberries, raspberries, apricots, all available from the Adelaide Showground Farmers Market when in season.