



Feeling Peachy Smoothie

Ingredients

- 100 grams (0.3 lbs) Peaches – fresh or you can use tinned peaches in juice
- 1 whole Passionfruit
- Some grated fresh ginger
- A dash of ground Cinnamon
- 1 scoop Flat Tummy Protein
- 2 1/2 Tablespoons Yoghurt (plain yoghurt **or** non dairy)
- 1/3 cup Milk (diary **or** non dairy)
- 1/3 cup Water
- 5 Ice Cubes

Instructions

1. Place all ingredients into the blender - add ice last and BLITZ for about 30 seconds – let settle and repeat a few times until smooth and there are no lumps