



## ***PEACHES ' N CREAM SMOOTHIE***

**Makes approximately 2 cups**

**Prep time: 5 min.**

**1 peach, washed and pitted  
1 C. liquid kefir  
½ tsp. vanilla  
1 Tbsp. powdered coconut  
milk**

**Combine all ingredients in VitaMix or  
blender until smooth. Enjoy!  
Note: Can be made the night before,  
refrigerated, to be enjoyed next morning  
for breakfast.**

