

RECIPE OF THE WEEK

FEATURING: *PEACHES!*

PEACH NICE CREAM

ADAPTED FROM EATUNPROCESSED.COM

Serves: 4

Ingredients

- 1/2 cup unsweetened plant milk
- 2 ripe bananas, frozen
- 2-3 peaches, sliced and frozen (about 2 cups)
- 1/2 tsp. vanilla

Instructions

Layer the above ingredients, in order listed above, in a high speed blender.

Blend until smooth, using tamper or scraping down sides, as needed. Add more plant milk to thin, if desired.

Serve immediately, or divide into individual dishes (or mason jars) and freeze, covered.

Notes

This would be excellent served over grilled peaches!

Brought to you by...

Paradise Produce,

Brenda Johnson MD & Cheryl Bauermeister ANP

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