



DOMEX
superfresh™
growers

Recipes

Irresistible Peach Smoothies

Yield: 3 servings

2 cups peeled, pitted and diced Superfresh Growers peaches

1/2 cup lowfat milk

1 cup vanilla ice cream

1 tablespoon fresh lemon juice

Combine all ingredients in blender container and blend until smooth.

Tip: For a super cold smoothie, layer diced peaches in a single layer on a freezer-safe pan and freeze 1 hour or until completely frozen.

Thanks to the Washington State Fruit Commission
for providing these great recipes,
www.nwcherries.com.