



# PEACH YOGURT SMOOTHIE



SERVES:

1

PREP TIME:

5M

COOK TIME:

0M

GLUTEN FREE VEGETARIAN

## INGREDIENTS:

½ Cup Crofter's Organic Premium Peach Fruit Spread

¼ Cup Maple Syrup

¼ Cup Low Fat or Fat Free Yogurt

2 Ice Cubes

## DIRECTIONS:

1. Add the Crofter's Organic Premium Peach Fruit Spread, maple syrup, yogurt and ice cubes into a blender. Blend until the mixture is smooth. If a thicker consistency is desired, add more ice cubes and blend again.
2. Once done blending, pour into a glass and serve. Enjoy!