

# DOUBLE PEACH SMOOTHIE

Diary  
of a  
PMP  
Mom.

*Makes 2 Servings*



1 Cup Juicy Ripe Peaches  
(peeled and sliced)

1 Cup Peach Juice or Nectar  
(chilled)

1/2 Cup Vanilla Yogurt (You can  
replace this with normal yogurt,  
2tbsp sugar few drops of vanilla  
essence)

4-5 Ice Cubes

- 1 In a blender, combine peaches, each juice, yogurt, and ice cubes and blend until mixture is smooth and frothy.
- 2 Pour and serve.

A yogurt based smoothie to combat the thirst during the long summer Ramzan days, is the Double Peach Smoothie. Its refreshing and filling