



Honey of a Peach Smoothie

Compliments of Round Rock Honey

Ingredients:

- 1 1/4 cup plain low fat yogurt
- 1 lb. ripe peaches, peeled, pitted and sliced
- 2 tbl. fresh lemon juice
- 1/4 cup Round Rock honey
- 1/4 tsp. vanilla extract

Directions:

Divide one cup yogurt among 8 sections of ice cube tray. Freeze until yogurt cubes are solid, at least 4 hours (can be prepared 1 day ahead, keep frozen). Puree peaches with lemon juice in a processor or blender. Add remaining 1/4 cups yogurt, honey and vanilla. Process until mixture is well blended. Add frozen yogurt cubes and process until mixture is smooth and frothy. Pour into tall chilled glasses and serve. Makes 2 servings.