

Peaches and Cream Smoothie

SCD drink



Ingredients:

- 1 can Full fat coconut milk (13.5 oz) –OR- 1 quart yogurt + 2 Tbs coconut oil
- 2 Peaches, fresh and ripe –OR- 1 ½ cup frozen peaches
- 2 Bananas, ripe and frozen
- 1 Tbs Vanilla extract

Directions:

- 1.) Blend all ingredients together and let sit for 10 minutes.
- 2.) Serve in your favorite glasses.

Notes / Suggestions:

- 1.) This is best eaten with a spoon.
- 2.) Makes 2-3 servings (1 cup per person).