THE LIGHTER PLATE METHOD

Peach & Passion Fruit Yoghurt Smoothie

Perfumed passion fruit against soft peach and thick yoghurt.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 250 g frozen peach slices
- 2 passion fruit
- 200 g natural yoghurt
- 150 ml orange juice
- 2 tsp honey
- 1 handful ice

Method

1. Scoop the pulp from the passion fruit and set a spoonful aside for the top.
2. Put the yoghurt, orange juice, honey and remaining passion fruit pulp into the blender.
3. Add the frozen peach and ice, and blend for 45 seconds until thick.
4. Pour into two glasses and spoon the reserved passion fruit over the top.

Tips & swaps

- Keeping some passion fruit back for the surface gives you the seeds' crunch and makes it look far more considered than the effort involved.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
180	**7g**	**34g**	**3g**	**3g**

Estimated values, for guidance only. Contains: Milk.