

# Velvety Peach Dream Smoothie

## Ingredients

1

LeafSide Goji Peach Paradise sweet bowl

2 cups

plant milk  
*(recommend unsweetened vanilla almond or almond coconut)*

1 cup

water

1/2 cup

plant based yogurt†  
*(recommend unsweetened vanilla coconut)*

1 1/2 cups

frozen peaches

Savor the sweet summer flavor of aromatic, juicy peaches in this refreshing, health-promoting smoothie. Tart apricots & goji berries add to the nuanced layers of goodness in this velvety potion that will transport you to a carefree, sunny day anytime during the year! Life really is just peachy when you can get top-notch nutrition in such a tasty treat!

Makes 2 Servings

PREP TIME: 5 minutes • COOK TIME: 0 minutes

soy  
free

wheat  
free

◇ **Tools Needed:** high speed blender with 64oz minimum carafe (800+ watts power)

◇ **Note:** Disregard package preparation instructions and follow steps below instead.

1. Pour LeafSide's Goji Peach Paradise sweet bowl into a blender; add plant milk & water.
2. Add plant based yogurt & frozen peaches and blend thoroughly.

*Other suggested additions: frozen bananas, fresh or frozen apricots, mangoes, or nectarines, unsweetened coconut flakes, fresh ginger.*

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Unique Whole  
Plant Foods



**TIP** If using fresh fruit, rather than frozen, freeze plant milk ahead of time into ice cubes so your smoothie is colder.

## Goji Berries

Modern chemistry and science are steadily confirming the ancient repute of goji berries in Asia, where goji have long been used in tea, medicine, or food, for longevity and health. In particular, among common foods, goji berries have the highest concentration of melatonin known, so they can improve sleep. They are in the top 3 for antioxidant capacity within the already super-ranked food family of berries, so they're even better at quenching the pro-aging fires of oxidation and inflammation, and protecting our cells from daily damage, than more common berries. <sup>6 7</sup>



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