

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/lactose-free-peaches-cream-milkshake>

Lactose Free Peaches & Cream Milkshake

Prep time: 5 minutes

Servings: 2

This rich and creamy milkshake made using our lactose free Plain Whole Milk Kefir is the perfect tasty treat if you're craving something sweet and indulgent but with a major probiotic boost! Garnish with a dash of turmeric and a slice of peach, and enjoy this lactose free treat for dessert.

Green Valley Creamery

Ingredients

1 ½ cup Green Valley Creamery Plain Whole Milk Kefir

1 Graham Cracker, crushed

½ ripe, fresh peach

¼ cup crushed ice

½ tsp. vanilla extract

½ tsp. ground turmeric

Instructions

Add all of the ingredients into a blender, blend until smooth and frothy.