

Peaches aren't tropical fruits, but they go very well with coconut milk. Other fruits such as apricots, mangoes, bananas or papayas may be used instead.



Coconut Milk Smoothie with Vanilla, Peaches and Lime

Yields 2 servings

4 large, ripe peaches, peeled, halved, pitted and cut into wedges	2 tablespoons sugar, or to taste
1 cup unsweetened coconut milk	6 ice cubes
A few drops of vanilla extract	Zest of 1 lime, cut into long shreds

Put the peaches in a blender, add the coconut milk, vanilla, sugar and ice cubes, and blend until smooth. Taste and add extra sugar if necessary.

Serve in chilled glasses, topped with a little shredded lime zest.

This recipe is from "Smoothies and Shakes."