



Skinny Peach

PRE-WORK OUT SHAKE & GO SMOOTHIE

- 5 Epic Mango Cubes
- 5 Skinny Peach
- 1 Cup Unsweetened Vanilla Coconut Milk or Coconut Water
- Let Sit in Mason Jar for 15 Minutes -1 Hour
- Shake and Drink!

SKINNY PEACH NICE-CREAM

- 10 Skinny Peach Cubes
- 1/4 Cup of Coconut Milk
- 1 Frozen Banana
- Blend About 25 Seconds Until Super Thick (Will Need A Blender with Tamper or High Powered Blender for This)
- Top with Shaved Coconut & Granola

SUPERFOOD PEACH MANGO GELATO

- 10 Skinny Peach Cubes
- 10 Epic Mango Cubes
- 1/2 Cup of Yogurt & 1/4 Coconut Milk
- Blend About 25 Seconds Until Super Thick (Will Need A Blender with Tamper or High Powered Blender for This)
- Top with Shaved Coconut & Fresh Berries

SKINNY PEACH REFRESHER

- 10 Skinny Peach Cubes
- 1 Cup Coconut Water OR 1/2 Cup Water & 1/2 Cup Cold Pressed Juice for Sweeter Side
- Blend for 10-15 Seconds

SKINNY PEACH COCKTAIL

- 10 Skinny Peach Cubes
- 1.5 oz. Coconut Rum, Tequila, or Pineapple Vodka
- 3/4 Cup Coconut Milk
- Blend for 15 Seconds
- Pour into a Tropical Glass & Cheers!

SKINNY MYLK

- 5 Skinny Peach Cubes
- 1 Cup of Coconut Milk
- Blend for 10-15 Seconds