

Lavender-Peach-Berry Smoothie

- a recipe from Nancy Baggett

Nancy Baggett is the author of the award-winning book, "The Art of Cooking with Lavender," which is on sale wholesale at www.nancyslavenderplace.com She also writes a free, quarterly Culinary Lavender newsletter; sign up on her website.



I recently created this simple, but truly tempting recipe to go in my upcoming lavender mini-cook-book, "Let's Cook with Lavender." If you like smoothies, I urge you to try it for breakfast, lunch or as a satisfying snack. The fruit and berry flavor blend is particularly irresistible if you have the pomegranate juice on hand to use. To keep preparations fuss-free, I always have a bag of frozen peach slices handy in the freezer and a bottle of lavender syrup in the refrigerator. (The syrup shown in the photo and used in the recipe is my Gourmet Lavender Fruit Syrup made with blackberries, but a plain lavender syrup will do just fine.)

- 1 cup peeled, fresh or frozen (partially thawed) peach slices
- 1 5.3 ounce carton full-fat or low-fat Greek-style strawberry or seedless raspberry yogurt
- 1/3 cup pomegranate juice (if unavailable, substitute cranberry juice)
- 2 to 3 tablespoons lavender syrup or Gourmet Lavender Fruit Syrup, to taste

Combine the peaches, yogurt, pomegranate juice and lavender syrup in a food processor or blender. Process or blend for several minutes, stopping and scraping down the sides several times until the peaches are smoothly pureed. Pour into a glass and serve. Makes a 1 1/2 cup serving.

Nancy Baggett is the author of numerous popular cookbooks, including "The Art of Cooking with Lavender", which is rated 5 stars on Amazon and available wholesale at www.nancyslavenderplace.com. Her new 20-page full-color booklet, "Let's Cook with Lavender," will also be available for sale on her website around June 1, 2021.