

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## **Peach Pie Shake**



- 1 cup raw, organic cashews
- 2-3 Tbsp raw, organic agave
- 1 tsp. vanilla
- 2-2 1/2 cups cold water
- 3 cups sliced, frozen peaches
- 1/2 teas. Cinnamon
- 1/8 teas. Nutmeg
- Dash of cloves

Place cashews, agave, vanilla and water into a high power blender and blend on high until smooth and creamy. Add half of the frozen peaches and blend for a few seconds before adding the other half. Add cinnamon, nutmeg, and cloves and continue blending until desired consistency is reached. Pour into chilled glasses and serve right away.