

The title 'Perfect Peachy Freeze' is written in a playful, rounded, yellow font with a white outline. It is set against a background of a red and white checkered pattern that is slightly tilted and has a soft, glowing effect around the text.

Perfect Peachy Freeze

Prep time: 1 to 2 hours

Ingredients:

- ½ c. milk
- 1 c. sliced peaches (they can be either fresh or canned)
- 1 tsp. sugar

Utensils:

- ice cube tray
- blender (you'll need help from your adult assistant)
- serving dishes

Directions:

1. Pour the milk into an ice cube tray and freeze until solid.
2. Pop the "milk cubes" out of the tray and put them into the blender. Then put the peaches and sugar into the blender.
3. Put the lid on the blender and blend on high speed until everything is all mixed together and very smooth.
4. Pour your Perfect Peachy Freeze into serving dishes and serve right away.

Serves: 3

Serving size: 4 oz. (½ cup)