

# Wauwatosa Harvest of the Month

- July-  
Peach



## Mango-Peach Smoothie

- 1 peach, sliced
- 1 mango, peeled and diced
- ½ cup vanilla soy milk or any milk of your choice.
- ½ cup orange juice, or as needed

## Directions

1. Place peach, mango, soy milk, and orange juice into a blender. Cover, and puree until smooth. Pour into glasses to serve.



**Wauwatosa**  
HEALTH DEPARTMENT

For more information call  
414-479-8936 or visit  
[www.wauwatosa.net/harvest](http://www.wauwatosa.net/harvest)