



## Peach Milkshake

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Learn how to make a peach milkshake so you never have to wait in line again. Peach milkshakes are sweetest in summer, when the fruits are at their finest.

Servings: 4 → 40

PREP TIME

15 MIN

TOTAL TIME

15 MIN

### Ingredients

10 pounds ripe peaches, fresh rinsed well  
2 1/2 cups whole milk, first measure  
10 pints vanilla ice cream  
5 cups second measure, whole milk,

### Nutrition

Calories 227, Total Fat 10g, Saturated Fat 5g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 2g, Cholesterol 36mg, Sodium 85mg, Total Carbohydrates 30g, Dietary Fiber 2g, Sugar 27g, Protein 5g, Vitamin A 771IU, Vitamin C 7mg, Calcium 177mg, Iron 0mg, Phosphorous 156mg, Potassium 447mg

### Cooking instructions

1. Gather all ingredients and equipment.  
CCP: Wash your hands with warm water and soap for at least 20 seconds  
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Prep peaches as directed above.  
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
3. Peel and pit peaches. Puree peaches and first measure of the milk in a blender on high until smooth, about 1 minute.
4. Add ice cream and second measure of milk to blender. Pulse until mostly smooth, about 10 (1-second) pulses, adding more milk, if needed, until desired consistency is reached.
5. Hold for service.  
CCP: Hold at an internal temperature of 0°F (-18°C) and below.

### Serving instructions

Serve 1 cup using a ladle for approved diet types and textures.

**\*\*DIET TYPES\*\***

Diabetic (CCHO): YES, 1/2 cup

Heart Healthy/Cardiac: YES, 1/2 cup

Low Sodium: YES

Vegetarian: YES

Gluten Free: YES

**\*\*TEXTURES & CONSISTENCIES\*\***

FF: YES

Soft: YES

TNO/ST1/MT2/MO3/EX4: Liquid level assigned by clinician & does NOT automatically correlate to an IDDSI food texture level. Adjust thickness as necessary to pass IDDSI Flow Test.

### Allergens

milk, alcohol, lactose

### Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 2.11.25. Top with whipped cream and caramel sauce if desired.

### Equipment

blender

### Tags

beverage, drink, heart healthy/cardiac, diabetic, blender, low sodium, vegetarian, gluten free, finger food, regular, southern/soul food, dessert, snack, dinner, lunch, parent recipe, southern living