



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Peach Frozen Yogurt with Cinnamon Ginger

*a frozen treat that's great for your small intestine!*

### Ingredients:

- 2 (or more) Organic Peaches, *very ripe, peeled and finely diced*
- 1 16 oz Organic Yogurt, *unsweetened, coconut milk if possible*
- 1 Tbsp Organic Maple Syrup
- 2 tsp Organic Vegetable Glycerin, *optional*
- 1 tsp Organic Vanilla Extract
- ¼ tsp Powdered Organic Ginger
- sprinkle Powdered Organic Cinnamon



### Instructions:

1. Empty the organic yogurt into a food processor.
2. Stir the cinnamon and ginger into the yogurt and mix thoroughly.
3. Then add the maple syrup, and vanilla extract, and the (optional) glycerin and mix thoroughly.
4. Now add the diced peach and any residual juice and mix thoroughly.
5. Blend in food processor if a creamy texture is desired.
6. Place mixture in a container in your freezer for at least two to three hours and then bring to room temperature for 10 to 15 minutes before serving.
7. Sprinkle additional cinnamon on each serving if desired.