

## Peach and Cheese Smoothie Bowl

- **1 cup fresh or frozen peaches**
- ¼ cup coconut water
- **1 tbsp. honey**
- 3 ounces cream cheese  
or substitute **goat cheese**(for a different flavor)
- **1 5 oz. package parsley, chopped**
- 2 tbsp. sunflower seeds
- ¼ cup puffed rice cereal

**Ingredients listed in bold may be found  
at the State Street Farmer's Market.**

