



# all about Peaches

Peaches are a delightful fruit that add sweetness and satisfaction to any meal.



## Let's Get Cooking!

Peaches can be paired with a variety of meals or snacks. Whether raw or cooked, peaches are packed with several vitamins and minerals, like vitamin C and potassium, which promote a healthy body and immune system!



### Peach Oatmeal Muffins

Total time: 35 min | Servings: 10 muffins

#### Ingredients

- 1 cup all-purpose flour
- 1 cup rolled oats
- 1/2c brown or regular sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, melted and cooled
- 1 cup sour cream
- 1 large egg, beaten
- 1 cup chopped peaches

*Top with cinnamon sugar:*

- 1/4 cup sugar
- 1 tablespoon cinnamon

**Directions:** Preheat oven to 400 F, line a 12-cup standard muffin tin with paper liners and combine cinnamon & sugar in a small bowl; set aside. Combine flour, oats, sugar, baking powder, & salt in a large bowl. Whisk butter, sour cream & egg in large bowl. Pour mixture over dry ingredients & stir until moist. Add peaches & gently toss to combine. Scoop batter into muffin tray; sprinkle with cinnamon sugar. Place into oven and bake for 16-18 minutes. Remove from oven and cool before serving.



### Peach Salsa

Total time: 20 | Servings: 4

#### Ingredients

- 2 peaches chopped
- 1/4 cup fresh cilantro chopped
- 1/4 cup red onion chopped
- 1 tablespoon lemon juice
- 1/8 teaspoon pepper flakes

**Directions:** Combine all ingredients into a small bowl and toss gently. Refrigerate until ready to serve

#### When picking peaches, look for:

1. The Color: Golden/dark yellow color
2. The Feel: Is soft and slightly dents when gently pressing down with thumb or finger
3. The Smell: Smells like how peaches taste

# all about GREEK YOGURT



## How to prepare peaches



1. Place fresh peaches in a bowl.
2. Wash fresh peaches under running water. Drain liquid from canned peaches.
3. Pat fresh peaches dry with a towel. Enjoy with other fruit, in salads or by itself!

## Simple Swaps

Easily incorporate peaches into your favorite meals.

<b>Desserts</b>	Ice cream	Fresh or canned peaches
<b>Salad</b>	Any topping	Fresh or canned peaches
<b>Dinner side</b>	French fries	Fresh or canned peaches



## How to Store

### Pantry

Ripe peaches can be stored at room temperature and will keep for 4-5 days.

### Refrigerator

Peaches can be stored in the refrigerator for up to 1 week to extend the shelf life.

### Freezer

Peel, slice, and place ripe peaches on a baking sheet before putting them in a freezer safe bag. Frozen peaches will keep for up to 1 year.