



# Peaches

## Fruit - Stone Fruit

### Food Facts

#### Serving Size = 1 medium peach

- **Season** - Peaches have their peak season in July and August and make the perfect summertime treat.
- **Storage** - If you buy peaches that are firm, place them on the counter to soften at room temperature for two to three days. Refrigerate when they are ripe. Once refrigerated, peaches will not ripen further; eat within two or three days.
- **Nutrition** - Peaches are an excellent source of vitamin C, fiber, and vitamin A.



### How to Use

- **Great for breakfast, lunch, and dinner!** Peaches can be eaten fresh, grilled, baked into a dessert, added to salads, great in savory dishes, smoothies, pancakes, or as a yogurt topping.

# Fruit Crunch Cobbler

Serves: 4



## Ingredients

**15 ounces** - Peaches, canned, sliced, drained

**15 ounces** - Pears, canned, halved, drained

**1/4 teaspoon** - Vanilla Extract or of Almond Extract

**1/4 teaspoon** - Ground Cinnamon

**3/4 cup** - Granola

## Instructions

1. Combine peaches, pears, extract, and ground cinnamon in a microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover the bowl with a lid or plastic wrap. Be sure to leave a little opening for the steam to get out.
3. Microwave on high for 5 minutes. Use pot holders to remove the bowl from the microwave because it may be hot. Let cool slightly before serving.

### Nutrition Facts

Serving Size 1.00 cup

Serving Per Container 4

Amount Per Serving

**Calories 210**

% Daily Value\*

**Total Fat** 3.8 g 5%

Saturated Fat <1 g 3%

**Sodium** 44 mg 2%

**Total Carbohydrate** 44 g 16%

Dietary Fiber 6.3 g 23%

**Protein** 3.4 g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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