



Peaches



Why peaches are a smart choice

This fuzzy fruit is a nutritional winner. Peaches are rich in vitamins A and C.¹ Studies show vitamin C is a powerful antioxidant that can help your body fight free radicals known to cause cancer.² Eating peaches regularly can improve your skin texture, prevent wrinkles and decrease sun and pollution damage.² Peaches are also packed with fiber and potassium which can support heart health and improve sugar levels for those dealing with diabetes.²

To pick great peaches for your recipes, hold them firmly in your hand and make sure they have a slight give.¹ In the U.S. peaches are usually in season from June to August. Go ahead and slice peaches for your salads, grill them into sandwiches or bake them as a cobbler. Enjoy!



Smart eats for better health

Peach and blueberry cobbler³

Ingredients

For filling

- 5 peaches, peeled and sliced
- 1 cup fresh blueberries
- ¼ cup freshly squeezed orange juice
- ½ cup sugar
- 1 pinch nutmeg (less than 1/8 teaspoon)
- 2 teaspoons cornstarch

For glaze

- 2 tablespoons sugar

For topping

- 5 tablespoons softened butter
- 2 cups flour plus 1/4 cup flour for rolling out
- 1 tablespoon sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¾ cup milk

Directions

1. Preheat oven to 400°F.
2. Bring all filling ingredients to a boil in a large saucepan, then turn down heat and simmer until the mixture becomes thick.
3. Spoon the filling into a medium baking or casserole dish, and spread it evenly until it meets all sides of the dish.
4. Pinch the butter and the flour together between your thumbs and forefingers until the flour and butter become crumbly. Mix in the sugar, baking powder, and salt and slowly stir in the milk to make a soft dough.
5. Sprinkle a work surface with the ¼ cup flour, knead the dough lightly a few times on the floured surface, and roll out to the size of your baking dish.
6. With a cookie cutter or a drinking glass, cut out 10 biscuits and lay them so they are slightly overlapping on top of the fruit filling, using scraps of leftover dough to fill in any uncovered spots.
7. Sprinkle the top with the sugar.
8. Bake for 20 minutes until biscuit topping turns golden brown. Cool for 10 minutes before serving.

A recipe for better health

Nutritional information — per serving; serving size 1 tbs; makes 8 servings
 Calories 64.1; Total fat 3.8 g; Carbohydrates 6.9 g; Fiber 1 g; Protein: 1.7 g

Sources

- 1 WebMD website: The Peach: 10 Healthy Facts (accessed November 2017): webmd.com.
- 2 Medical News Today website: Peaches: Health Benefits, Facts, Research (accessed November 2017): medicalnewstoday.com.
- 3 Dr. Weil website: Peach & Blueberry Cobbler (accessed November 2017): drweil.com.