

# Peaches



Peaches, which originated in China are low fat and free of saturated fat, sodium, and cholesterol. Peaches are an excellent source of vitamins C, E, and K, along with potassium and fiber.

Choose peaches with firm, fuzzy skins that yield gently to pressure when ripe. Avoid blemishes or discoloration. Store unripe peaches in a paper bag to speed up the ripening process. Once ripe, enjoy the peaches at room temperature within 1-2 days.

Peaches can be frozen by simply blanching, peeling, removing the pit, and then slicing or leaving whole. Freeze peaches in either water or a light syrup in an air tight container for 8-10 months.

## **Fast Peach Sorbet**

Adapted from LeAnne Brown's "Good and Cheap"

Serves 4

### **Ingredients**

2 cups frozen peaches

1/2 cup plain yogurt

1/4 cup sugar

1 teaspoon vanilla extract or lime juice (optional)

### **Directions**

1. Add all the ingredients to a food processor or blender until just smooth. Don't blend too much, or the sorbet will become too soft. Serve immediately or stick it into the freezer to enjoy later.