

# Sweet Peach Recipe

It's nearing the end of peach season! But it's never too late for a quick easy recipe to cook up those sweet, ripe peaches! We've got one for you! This sweet treat is not only tasty, but healthy too! It combines the sweetness of the peaches with the added flavors of some cinnamon and sugar. It's so delicious you'll want to try it!

## **Cook time: 8-12 mins**

### Ingredients:

- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 4 peaches



### Directions:

- Wash, peel, cut, and dice peaches on a cutting board
- Place peaches to the side and begin to heat up pan
- Heat pan/ skillet to medium heat
- Spray Bottom of the pan with cooking oil or add ½ tablespoon of margarine
- Once pan is heated add peaches. After the peaches are added, take a wooden or plastic spoon and move the peaches around the pan (this will help them cook faster and keep them from over cooking)
- After the peaches cook for about 2 minutes, add cinnamon and brown sugar to the pan
- Continue mixing the peaches with the added ingredients
- Allow the peaches to cook with in the pan for about 2 minutes. Then use a fork to test the softness of the peach
- Once you can easily stab the peaches with the fork, and they have softened, you can turn the heat off
- Remove the peaches from the pan into a small bowl
- Once you've tasted your creation you may add a little more cinnamon or brown sugar to taste.

ENJOY!

### **Health benefits: The nutrition of Peaches**

Peaches are a delicious summertime treat. They are good sources of vitamins and minerals, low in calories, and healthfully beneficial.

- Good sources of Vitamin A and Vitamin C
- Contains Potassium
- Vitamin B
- Provides some Fiber
- Aids in eye health, digestion, health of skin, and immunity
- Zero saturated fats
- Antioxidants