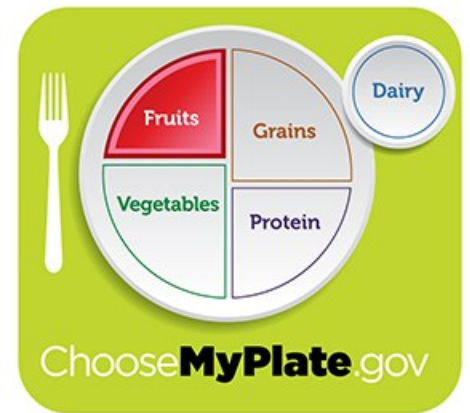


Fruit is Summers Bounty

With summer in full swing, now is a great time to take advantage of all the fresh fruit. Fruit is an important part of a healthy diet. Fruit is low in calories, sodium, and fat and does not contain cholesterol. It also is a great source of nutrients such as, Vitamin C, dietary fiber, folic acid, and potassium. The recommended daily intake of fruit varies between 1-2 cups per day. A small apple, 1 large banana, or 1 medium pear are examples of what a one cup serving looks like. Do not overlook canned and frozen fruit. They are as nutritionally beneficial as fresh but have the convenience of being found year round in your local grocery store. Just remember to choose low sugar or packed in its own juice for a healthier option. When looking at fruit juice make sure to choose the 100% juice options.

<https://www.choosemyplate.gov/eathealthy/fruits>



Eatforhealth.gov.au



Foodfor.net.com



Myfoodandfamily.com

Nutritious food choices add color to any diet

This institution is an equal opportunity provider

Peach Almond Crisp

Serves: 8

Ingredients

4 medium peaches
1/2 medium lemon, juiced
1/2 tsp cornstarch
1/2 tsp almond extract
1/4 cup sliced almonds
3/4 cup rolled oats
3/4 cup all-purpose flour
1/2 cup brown sugar
1 tsp cinnamon
1/2 tsp salt
8 Tbps or 1 stick butter (room temp)



Directions

- 1-Wash the peaches, remove the pit and dice into one inch pieces. Place the peach chunks in the bottom of a glass casserole dish (8×8 inch works well, a glass pie dish will also work).
- 2-Preheat the oven to 375 degrees. Sprinkle the lemon juice, corn starch, almond extract and sliced almonds over the peach chunks. Stir the mixture until the peaches are well coated.
- 3-In a separate bowl, combine the flour, oats, brown sugar, cinnamon and salt. Stir until they are well mixed and no chunks of brown sugar remain.
- 4-Mix the room temperature butter into the mixed dry ingredients until it is evenly incorporated. Your hands will work best for this job. I simply “squish” the butter into the dry ingredients over and over and over until it is all mixed.
- 5-Pour the buttery crumble topping over the peach mixture and bake it in the preheated oven (375 degrees) for 45 minutes. Let cool slightly before serving! Serve with vanilla ice cream or vanilla yogurt.

Recipe from: budgetbytes.com/peach-almond-crisp/

Good news about everything that's good to eat!



Southwestern Idaho

Administrative Offices
3562 South TK Ave.
Boise, ID 83705

Eastern Idaho

555 South 1st. Ave.
Pocatello, ID 83204
(208) 233-8811

North Central Idaho

3331 10th St.
Lewiston, ID 83501
(208) 746-2288

