

## Pick a **better snack**<sup>TM</sup> (how easy is that?)

### Easy Cheesy Crunch Peach Pie

#### Wash. Eat.



3 15-oz. cans sliced cling peaches, packed in 100% juice  
4 cups low fat granola cereal, divided  
2 tablespoons corn syrup  
1 8-oz. package fat-free cream cheese, softened

Drain peaches; reserve juice. Combine 3 cups granola, corn syrup, and ½ cup juice. Press mixture to form crust into a 9" glass pie pan. Dice 1 cup of peaches. With electric beater, combine diced peaches and cheese. Spread mixture over crust; chill. Prior to serving, top with peach slices and remaining granola.

*(Recipe from California Cling Peach Growers Advisory Board)*

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## Peach



### Wash. Eat. How easy is that?

- Add sliced peaches to hot or cold cereal or to a mixed green salad.
- Make peach salsa by blending together peaches, strawberries and bananas. Eat with baked corn chips.
- Mash peaches into low-fat yogurt and freeze in ice-cube trays with a straw in the middle to eat as a peach-“sicle”.

**Buying tips:** Choose peaches with creamy, golden color. Avoid peaches with wrinkles, brown spots, or traces of green on their skin.

**Special tip:** To wash, gently rinse with cold water.

**Storing tips:** Peaches need to be ripened, so place in a brown paper bag until ripe. After peaches are ripe, store in the refrigerator.

**Serving size:** 1 medium peach or ½ cup sliced or chopped

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Message from Iowa Nutrition Network and USDA's Food Stamp Program

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