

Pick a **better snack**[™] – THE COLOR WAY

PEACHES

Wash. Eat. How easy is that?



Peaches are generally classified into one of two categories: freestone or clingstone. Freestone peaches are more readily available and have pits that are easily removed. Both freestone and clingstone peaches have numerous varieties that differ in skin color, flesh color, firmness and juiciness. Fresh peaches are at their peak from May to October. Choose those with a sweet fragrance and yellow or creamy skin. Peaches may also be purchased frozen or canned.

CREAMY PEACH SMOOTHIES (MAKES 3 CUPS)

- 1 cup frozen sliced peaches
- 1-1/2 cups orange juice
- 1 banana, thickly sliced
- 1 cup low-fat vanilla yogurt
- 1 Tablespoon honey

Combine all ingredients in a blender until smooth.

SUMMER-LICIOUS CONES (MAKES 4 SERVINGS)

- 1 medium fresh peach
- 1 medium fresh plum
- 1 medium fresh nectarine
- 4 oversized waffle cones
- 2 containers (6 oz) low fat fruit yogurt, stirred
- Toppings: dried cranberries, diced dried fruit, trail mix, banana chips and/or sweetened cereals.

Thinly slice fruit, then cut largest slices crosswise in half. Mix fruit together. Stand cones in deep, tall sundae dishes or other cups. Fill with fruit and spoon yogurt into center. Sprinkle with choice of toppings.

Recipe Source: California Tree Fruit Agreement

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabetersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.