



# Peach Crisp

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|---------------------------------|-----------------------------------|
| ½ cup quick cook oats           | 6 cups peaches, peeled and sliced |
| ½ cup honey-sweetened granola   | 1 teaspoon ground cinnamon        |
| 3 tablespoons whole wheat flour | ¼ teaspoon ground nutmeg          |
| ½ cup packed light brown sugar  | ¼ teaspoon ground allspice        |
| ¼ cup butter, softened          | ¼ cup chopped pecans              |

**Preheat** oven to 375 degrees F. **Combine** the oats, granola, flour and brown sugar in a medium mixing bowl. **Cut** small pieces of softened butter over the top. **Cut** butter into dry ingredients until well combined and crumbly. Lightly **coat** an 8-by-8-inch baking dish with cooking spray, **add** peaches. **Sprinkle** the dry ingredients and butter mixture over the peaches. **Add** spices and chopped nuts evenly

over the top. **Place** on rack in the middle position in oven. **Bake** 25 to 30 minutes, or until topping is golden brown.

**Yield:** 9 servings

**Nutritional Analysis:** 200 calories, 8 g fat, 3.5 g saturated fat, 15 mg cholesterol, 5 mg sodium, 32 g carbohydrate, 2 g fiber, 20 g sugars, 3 g protein.

# Kentucky Peaches

**SEASON:** July through September.

**NUTRITION FACTS:** Peaches contain many nutrients but are most important for fiber and vitamins A and C. They are low in calories; one medium sized peach has about 35 calories.

**SELECTION:** Peaches have a fuzzy skin and come in many varieties with yellow or white flesh. There are “freestones” (flesh separates easily from pit) and “clingstones” (flesh clings to the pit). Look for fairly firm to slightly soft fruit with yellow or cream-colored skin. Avoid peaches that are green, shriveled or bruised.

**STORAGE:** Some peaches may need to be stored at room temperature to ripen. Fragrance

is an indication of ripeness. Store the ripe peaches in the refrigerator and use within 5 days. Handle gently.

**PREPARATION:** One pound of peaches will equal 3 to 4 medium sized peaches, 2 cups sliced or 1½ cups pulp or puree. Wash, peel and cut in half to remove pit. To peel, dip in boiling water for 30 seconds. Cool quickly in cold water and remove peel with a knife. Peaches will darken when exposed to air. To avoid this, dip peaches in lemon juice or ascorbic acid mixture for fruit. Peaches are used for appetizers, garnishes, salads, desserts, baked products, jellies, preserves and are most delicious eaten fresh.

## KENTUCKY PEACHES

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

**June 2018**

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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<http://plateitup.ca.uky.edu>



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