



Peachy Breakfast Bake

3 tablespoons salted butter	2 tablespoons white sugar	½ teaspoon vanilla
3 cups fresh peaches, peeled and sliced	1 teaspoon cinnamon	¼ cup whole wheat flour
⅓ cup packed light brown sugar	2 whole eggs	¼ cup all-purpose flour
	2 egg whites	¼ teaspoon salt
	1 cup unsweetened almond milk	2 tablespoons white sugar

Preheat oven to 400 degrees F with rack in middle position. **Place** butter in an 8-by-8 inch baking dish and place in oven on the center rack to melt. **Add** peaches and brown sugar to melted butter in baking dish, **stir** to coat. **Mix** together the sugar and cinnamon and **sprinkle** over the top. **Bake** 15 minutes. In a mixing bowl, **beat** eggs and egg whites with a whisk, **add** almond milk and vanilla. **Whisk** together. **Add** remaining dry ingredients and **mix** until blended.

Remove peaches from oven, **pour** batter slowly and evenly over baked peaches. **Return** to oven and **bake** 20 minutes, until the center of the batter is firm, puffed up and browned. **Serve** warm with whipped cream.

Yield: 9, ½ cup servings

Nutritional Analysis: 140 calories, 4.5 g fat, 2.5 g saturated fat, 10 mg cholesterol, 140 mg sodium, 23 g carbohydrate, 1 g fiber, 17 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

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Source: www.fruitsandveggiesmatter.gov

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



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