

Naturally Nutritious Blog

HEALTH & WELLNESS



August 2024



Peachy Keen

One of my absolute favorite fruits is peaches. In the summer, when you can find peaches at their peak that are full of sweet and juicy flavor, they are a treat. There are several kinds of peaches to enjoy. White peaches tend to be sweeter and often firmer than their yellow-fleshed counterparts. Yellow peaches also have a tarter flavor than white peaches. While I enjoy slicing a nice cold peach from the fridge, there are many different ways to enjoy peaches and many benefits to consuming them.

Peaches are a rich source of vitamins, minerals, and antioxidants, essential for maintaining good health. Vitamins A and C support the immune system and aid in wound healing and can prevent illness.

Additionally, peaches are a good source of fiber, containing two grams on average to support digestion, safety, and heart health. It is worth noting that keeping the skin on peaches ensures you get the full fiber content. The potassium found in peaches also supports heart health by helping to maintain blood pressure. Moreover, the antioxidants present in peaches may protect against aging and diseases such as cancer. With about 50 calories on average and several nutritional benefits, peaches can be a great addition to a healthy diet.





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I love exploring different ways to enjoy fruits and vegetables. Peaches are certainly no exception. Their sweet and tart flavor pair well with berries or tropical fruits in a smoothie or on top of yogurt. On top of a bed of arugula, peaches add juicy tartness to a simply dressed salad with goat cheese and pumpkin seeds. For a sweet treat, peaches are excellent grilled after being brushed lightly with melted butter. Peaches can take on savory flavors by pairing them with cheese or wrapping a slice with a small piece of prosciutto, spicy flavors like chipotle and jalapeno in a salsa or sauce, and creamy textures. If you want to enjoy peaches beyond summer, they can be found frozen or canned, preferably in juice instead of syrup to reduce the intake of added sugars.

With back-to-school around the corner, you may want to consider trying something new for breakfasts or snacks. This baked peach oatmeal breakfast cookie recipe can act as either. Stone fruits like peaches pair well with almonds. This recipe relies on almond meal for healthy fats, flavor, and some of the sweetness.

PEACH ALMOND BREAKFAST OATMEAL COOKIES

1 ½ cups quick-cook oats
½ cup almond meal
¼ cup of egg whites (or 2 egg whites)
¼ cup honey

½ tsp almond extract
¼ cup of milk of choice
Pinch of salt
1 cup peaches, diced

1. Preheat oven to 350° F.
2. Combine all ingredients, except peaches, and mix well.
3. Gently fold in peaches
4. Using an ice cream scoop, portion oat mixture ½" apart onto a parchment-lined baking sheet. Flatten scoops and shape into round disks.
5. Bake for 12-14 minutes. Cool before serving. Store leftovers in an airtight container in the fridge for 3-5 days.

Recipe notes: The mixture will be loose when you've combined all the ingredients, but the oats will absorb the excess moisture in the baking process. If you have time, you can allow the mixture to sit for 30 minutes before scooping to make it easier. If you have a nut allergy, you can substitute the almond meal with half the amount of whole wheat flour and the almond extract with vanilla extract. Whichever way you choose to enjoy peaches, I hope it brings you a burst of summer sunshine!



Parul

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Note: Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.