

# Happy Peach Month!



## **Peach Compote**

*Serves: 4 | Serving Size: 3/4 cup*

### *Ingredients:*

5 ripe peaches, cut into wedges  
1/4 teaspoon cinnamon  
1/2 cup apple juice  
1 tablespoon sugar

### *Directions:*

Place all the ingredients in a medium saucepan on the stove and bring to a boil.

Reduce to a simmer and cook for 5 to 10 minutes, until the peaches become very soft.

Serve warm.

## **Nutrition Information:**

Serves 4. Each serving contains 100 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 1 mg sodium, 25 g carbohydrate, 3 g dietary fiber, 22 g sugar, and 2 g protein.

Each serving also has 12% DV vitamin A, 40% DV vitamin C, 1% DV calcium, and 5% DV iron.

## **Chef's Tips:**

This compote is delicious when spread on whole wheat toast or drizzled over nonfat frozen vanilla yogurt.

Feel free to substitute nectarines or another stone fruit for the peaches.

## **Peach Facts:**

A single peach is loaded with nutrients, including vitamin A, potassium, vitamin C, fiber, and niacin. They also offer little to no saturated fat, cholesterol, or sodium.

Vitamin C is vital for a healthy immune system.

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