Peaches

Peaches are a good source of vitamin C. Enjoy peaches on cereal, mixed with yogurt or in a smoothie.

Buying fresh peaches...
- Select peaches that are soft to the touch, free of bruises and have a slight peachy smell.

Storing fresh peaches...
- Store unripe peaches in a paper bag. Place the bag on the counter for 1 to 3 days.
- Never store unripe peaches in the refrigerator, in plastic bags or in direct sunlight.
- Keep ripe peaches in the refrigerator for 5 to 7 days.

Enjoying fresh peaches...
- Wash peaches carefully in cool soapy water, then rinse well before eating or using.
- Do not peel peaches unless the recipe calls for it.

Eat more fruits and vegetables.
Increase fiber.
Peach and Strawberry Smoothies

These recipes use three WIC foods: 100% fruit juice and two fruits you can buy with your cash-value vouchers.

**Choice #1**

**Ingredients...**
- 2 large fresh peaches, peeled and sliced
- 1 cup fresh strawberries, washed and stemmed
- 1 cup non-fat vanilla yogurt
- ½ teaspoon vanilla

**Directions...**
1. Put all the ingredients in a blender. Blend until smooth and creamy.

**Nutrition information...**
Calories 200, Fat 0.5g, Carbohydrate 42g, Protein 8g, Fiber 4g, Sodium 90mg, Cholesterol 5mg.

**Choice #2**

**Ingredients...**
- 1 large fresh peach, peeled and sliced
- 8 strawberries, washed and stemmed
- ¾ cup orange juice
- 4 ice cubes

**Directions...**
1. Put the peach, strawberries and orange juice into a blender. Blend until almost smooth.
2. Add the ice cubes and blend until smooth.

**Nutrition information...**
Calories 120, Fat 1g, Carbohydrate 29g, Protein 3g, Fiber 4g, Sodium 0mg, Cholesterol 0mg.

**Family Goals**
- [ ] My family and I will try peaches on cereal.
- [ ] My family and I will try peaches for a snack.
- [ ] My family and I will try a peach recipe.
- [ ] My family and I will try peaches with yogurt.
- [ ] Other...