



COOKING WITH

PEACHES

ABOUT PEACHES

- Peaches have a natural soothing effect; they can even help to calm a sour stomach.
- Peaches can have a positive effect on our scalp, and it is able to reduce hair loss.
- It is a good stress-reliever and helps to reduce anxiety. It is often referred to as the "Fruit of Calmness" in Hungary.

EXTENDING THE SHELF LIFE OF PEACHES

- Store peaches in the refrigerator, and be careful not to bruise them. Under-ripened peaches can be left out to continue the ripening process.

Fruit Dip

SOURCE: whatscooking.fns.usda.gov/recipes

Ingredients

- 8 ounces yogurt, low-fat vanilla
- 2 tablespoons orange juice, 100% juice, frozen concentrate (thawed)
- 1 tablespoon lime juice
- ½ tablespoon brown sugar
- 2 apples (red, cored and sliced)
- 1 pear (cored and sliced)
- 1 peach (pitted and sliced)

Instructions

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Place bowl containing dip on a large plate and surround with fruit.

Nutrition Facts

Amount Per Serving	
Calories 75	Serving Size: 1 oz
% Daily Value*	
Total Fat 4g	
Saturated Fat 3g	
Cholesterol 15mg	
Sodium 13mg	
Potassium 0mg	
Total Carbohydrates 9g	
Sugars 9g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%
*Based on a 2,000 calorie diet	



AKRON-CANTON REGIONAL
FOODBANK

For additional recipes, please visit akroncantonfoodbank.org/recipes