

Nectarines are stone fruits with a large seed in the middle. The name “nectarine” comes from the word “nectar”, which is a sweet drink in Greek myths. This fruit is part of the Rose family. Nectarines are a type of peach with the “fuzz” gene turned off not a cross between plum and peaches. Every so often nectarines can be found growing on peach trees because of the mutation. Nectarines are sometimes called "shaved peaches" because their skin is smooth. The flesh is either white or orange. It is a high source of vitamin A and C.

Why did the nectarine have a hair transplant?

Because it wanted to be a peach.

What is a vampire’s favorite fruit?

Neck-tarines.



Nectarine Sorbet

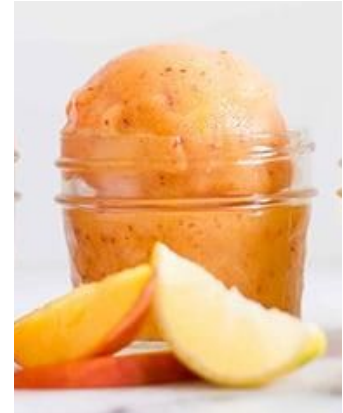
When nectarines go soft, don't throw them out. It's the perfect time to make a sorbet!

Cut out the pit and slice the nectarine in big pieces.

Put into a blender with a few drops of lemon juice and a teaspoon of honey if you want.

Blend until no large pieces remain.

Pour into individual serving cups and freeze. Yum!!



Nectarine Crumble

3 tablespoon butter, softened

Ingredients

6 ripe nectarines

Crumble recipe

1 cups oats

¼ cup coconut

½ cup whole wheat flour

½ cup brown sugar

1 teaspoon cinnamon

¼ cup chopped nuts, optional



Directions

Cut nectarines in half and remove stone (seed)

Place cut side up in light greased muffin tin.

Mix all crumble dry ingredients together. Add softened butter until mixture is moist.

Sprinkle crumble mixture on nectarines.

Bake at 350°F for 10 minutes then check. Keep baking until golden brown. Enjoy.

Nutrition Facts

Serving Size 1 Large Nectarine (156g / 5.5oz)

Amount Per Serving

Calories 69 Calories from Fat 4

	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 16g	5%
Dietary Fiber 3g	11%
Sugars 12g	

Protein 2g

Vitamin A 10% • Vitamin C 14%
Calcium 1% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300mg	375mg	
Dietary Fiber		25g	30g	