

Peaches are stone fruits with a large seed in the middle. Europeans thought they came from Persia and ancient Romans called them “Persian apples” but there’s evidence that peach existed in China in 6000 B.C. The nickname for Georgia is the “Peach State.” The World’s Largest Peach Cobbler is made every year in Georgia measuring 11 feet by 5 feet. August is National Peach month. Peaches and nectarines are the same except peaches have fuzz on their skin. Peaches are packed with many nutrients including vitamin A, vitamin C and potassium. They are an excellent source of fiber and fat free.

Why was the peach acting funny?

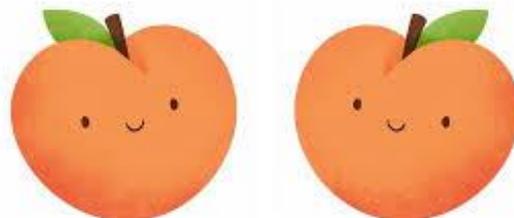
Because it was all fuzzy.



Peach Fuzz– fine facial hair

Fuzz – nickname for police

I ap-peach-iate you.



(I appreciate you.)

Peach Pie Pancakes

These peach pie pancakes are like you're taking a bite of a cinnamon peach pie topped with a cinnamon crumb topping...and it's delicious.

Ingredients

- 2 cups pancake mix
- 1 cup diced peaches
- ½ tsp cinnamon
- ½ Tbsp sugar

For the Crumb:

- 1 Tbsp butter (softened)
- ¼ cup flour
- 2 Tbsp brown sugar
- 1 Tbsp sugar



Instructions

1. Prepare pancake mix according to instructions or package directions.
2. Add diced peaches, cinnamon and sugar to the batter and mix well.
3. Combine crumb ingredients in a small bowl. Mix together until nice and crumbly.
4. Pour about ¼ cup of pancake batter onto a preheated and sprayed griddle.
5. Repeat with additional batter to fill the griddle.
6. Sprinkle crumb onto the top of each pancake.
7. When pancake batter begins to bubble, flip pancakes with a spatula.
8. Cook pancakes until bottom side is thoroughly cooked.
9. Top pancakes with additional crumb and peaches and hot syrup.

Coconut Peach Lemonade

*Looking for a new twist on lemonade?
Fresh peaches and coconut water make this a must try.*

Ingredients

- 1 Tbsp all natural honey
- 2 cups coconut water
- 2 ripe peaches, pits removed
- Fresh squeezed juice of 4 lemons
- Ice
- Lemon slices, peach, and mint for garnish (if desired)



Instructions

1. Put honey, coconut water, 2 peaches and juice of four lemons into your high speed blender, and blend until smooth.
2. Strain (if desired) and serve over ice with a few lemon and peach slices and a sprig of fresh mint.

Enjoy and be refreshed!

Nutrition Facts

Serving Size 1 Large Peach (175g / 6.1oz)

Amount Per Serving

Calories 68

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 17g	6%
Dietary Fiber 3g	10%
Sugars 15g	
Protein 2g	

Vitamin A 11% • Vitamin C 19%

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