

SUMMER FLAVOR



Peachy Keen Muffins

Peaches are juicy summer fruits that provide vitamins like A and C, fiber and antioxidants. At 68 calories per large peach, these seasonal fruits are a low-calorie and nutritious choice to satisfy a sweet tooth. Enjoy them as an easy, on-the-go snack; or, be adventurous and add them to more savory dishes. This recipe features peaches in a whole-wheat baked good for a light breakfast or snack.

MAKES: 15 muffins

INGREDIENTS:

2 cups	Whole-wheat pastry flour	2 cups	Peaches, chopped
1 tsp.	Baking soda	¼ cup	Walnuts chopped (optional)
½ tsp.	Salt		
1-2 tsp.	Cinnamon		
1 large	Very ripe banana, mashed smooth (or 2 small)		
½ cup	Unsweetened applesauce		
½ cup	Low-fat, plain yogurt (try Greek for more protein)		
1 large	Egg		
1 tsp.	Vanilla extract		
½ cup	Pure maple syrup		



DIRECTIONS:

1. Preheat oven to 350° and coat a muffin tin with non-stick cooking spray.
 2. In a large bowl, whisk the flour, baking soda, salt and cinnamon.
 3. In another bowl, mix the mashed banana, applesauce, yogurt, egg, vanilla and maple syrup.
 4. Combine the wet ingredients into the bowl with the dry ingredients and stir until flour is incorporated (be careful not to over stir). Fold in the peaches and nuts until combined.
 5. Spoon batter into muffin tin. Bake for 15-20 minutes until a toothpick tester comes out clean and muffins are lightly golden brown.
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ALTERNATIVES:

- Substitute rolled oats for a portion of the flour, add lemon zest and juice, use a sugar alternative (like stevia) in place of the maple syrup or substitute another fruit like berries for ½ the peaches.
 - Add sliced peaches to mixed greens dressed with balsamic vinegar and topped with goat cheese or walnuts as a side, or add shredded chicken or baked fish for an entrée salad.
 - Grill peach halves along with other stone fruit like apricots, nectarines and plums and serve as a side with lean grilled meat or as a sweet treat with low-fat yogurt, low-fat ice cream or whipped topping.
 - Add to plain low-fat yogurt, oatmeal, low-fat cottage cheese or blend into a fruit smoothie.
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