

# Fresh for Kids® Baked peaches with almonds



## Baked peaches with almonds

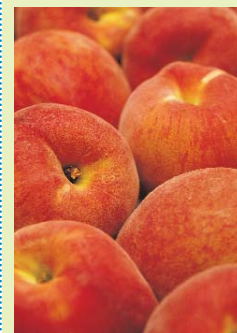
**Preparation:** about 10 minutes  
**Cooking:** about 20 minutes  
**Serves:** 4

*It's best to buy free-stone peaches for this recipe – check with your greengrocer. If not available, slice off the peach cheeks as close to the stone as possible.*

4 large just-ripe peaches  
1/3 cup flaked almonds  
2 tbs icing sugar  
Icing sugar for dusting, to serve  
Reduced fat vanilla ice-cream, to serve

1. Preheat oven to 200°C/180°C fan-forced. Line a baking tray with non-stick baking paper.
2. Arrange peaches, cut-side up, on baking tray. Evenly sprinkle with almonds and sift over icing sugar. Bake for 15–20 minutes until almost tender. Remove from oven and set aside to cool slightly, or chill until ready to serve. Serve with reduced fat vanilla ice-cream.

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### Peaches

- A source of carbohydrate and has a low glycaemic index (GI), so that the carbohydrate provides long-lasting energy.
- A good source of vitamin C, yellow peaches also contain beta-carotene which the body converts to vitamin A (one of the vitamins that helps us fight infection).
- Provide dietary fibre which helps prevent constipation.

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