

# Peaches with strawberry sauce



## Peaches with strawberry sauce

**Preparation:** about 10 minutes  
**Cooking:** about 5 minutes  
**Serves:** 4

4 ripe peaches, sliced and stones removed  
Reduced fat vanilla ice-cream

**Strawberry sauce** (Makes 1 cup)  
250g strawberries, hulled and chopped  
1 tbs icing sugar

1. To make strawberry sauce, combine strawberries and icing sugar in a small saucepan. Bring to the boil, stirring occasionally, over medium heat. Reduce heat and simmer for 3 minutes. Set aside to cool. Using a stick blender, blend until smooth. Transfer to a jug and chill until cold.
2. To serve, place peaches in serving bowls. Drizzle with strawberry sauce and serve with scoops vanilla ice-cream.



### Peaches

- The natural sugars in peaches give a delicious sweet flavor and also provide energy that is especially good when you're active or playing sport.
- Peaches give us vitamins, including vitamin C and beta-carotene which the body uses to make vitamin A. Both these vitamins helps us fight infection.



For fresh fruit and vegetable recipes visit  
[www.freshforkids.com.au](http://www.freshforkids.com.au)

