

Delicious Fruit Dishes

Get Passionate About Peaches

(NAPSA)—Once a fruit of the gods and still associated with beauty and goodness, peaches have been enticing people worldwide for more than 3,000 years.

America's love of peaches began in the 1600s. Since then, we have been passionate about peaches in all types of treats: pies, puddings, smoothies, baked goods and more. In fact, each American consumes about five pounds of peaches every year.

In celebration of summer, rekindle your affection for this flavorful fruit with these delicious recipes topped with Reddi-wip real whipped cream.

Quick Peach Melba Trifle

- 1 package (3.4 oz.) French vanilla instant pudding mix
- 2 cups milk
- 1 prepared sponge cake (8-inch loaf)
- ½ cup strawberry or raspberry jam
- 2 cups fresh or frozen peach slices
- Reddi-wip real whipped cream

Prepare pudding mix with milk according to package directions; set aside. Cut cake into ¼-inch slices and line bottom and sides of a large glass serving bowl. Using a teaspoon, drop dollops of jam over cake slices, using about half the jam. Spoon one-third of the pudding over cake and spoon half the peach slices (drained, if necessary) on top. Add another layer of cake slices, pressing down gently. Repeat layers of jam, pudding and peaches; top with layer of pud-



Beat the summer heat with a quick Peach Melba Trifle.

ding. Cover and chill until serving time, up to 12 hours. Just before serving, cover entire top with swirls of Reddi-wip real whipped cream. Serve immediately. Serves 8-10.

Royal Purple Peaches

- 6 cups water
- 2 cups sugar
- 6 ripe peaches, peeled, halved and pitted
- 4 tsp. vanilla
- 1 cup marion berries or blackberries
- ¼ cup sugar
- 1 Tbsp. raspberry brandy (optional)
- Reddi-wip real whipped cream

In a Dutch oven, combine water and 2 cups sugar; heat to boiling. Boil gently, uncovered, for 3 minutes. Add peach halves. Return to boiling; reduce heat and simmer, uncovered, for 10 minutes or until peaches are tender. Stir in vanilla. Carefully transfer peaches and cooking liquid to a very large bowl; cover and chill.

Meanwhile, press berries through a sieve; discard seeds. In a small bowl, stir together

Peach Fun Facts and Tips from Reddi-wip®

Did you know?

- In Victorian England, a peach cost the equivalent of \$5.00
- The United States produces about 20 percent of the world's peaches
- Peaches are a great source of vitamin C and contribute vitamin A and fiber to the diet

Peach tips

- Peak season for peaches is June through September
- Look for slightly firm peaches with a sweet fragrance and no tan spots
- Ripen peaches in a brown paper bag and store at room temperature
- To keep sliced peaches from browning, toss lightly in lemon juice

berry purée, ¼ cup sugar and brandy, if desired. Cover and chill. To serve, use a slotted spoon to transfer 2 peach halves to each dessert dish. Spoon berry mixture over peaches. Pipe Reddi-wip® around edges of dishes so peaches show through in center. Makes 6 servings.

Enjoy other easy and delicious recipes, plus receive a 35-cent coupon toward the purchase of a can of Reddi-wip real whipped cream, in the *Shake Up Your Recipes* booklet from Reddi-wip. For a free copy, send a stamped, self-addressed #10 business-sized envelope to: Shake Up Your Recipes Cookbook Offer, P.O. Box 5524, Dept. P, Riverton, NJ 08077-0806. Allow six to eight weeks for delivery. Also, visit www.reddi-wip.com for more fresh recipe ideas.