

Healthful Eating



Garden Quality Peaches Are A Smooth And Sweet Way To Start The Day

(NAPSA)—It's important to start the day off right with a nutrient-rich breakfast. For a refreshing way to jump-start your morning, why not incorporate canned peaches, like Del Monte. They are picked and packed at the peak of ripeness, and provide garden quality nutrients, including vitamins A and C, which help protect your immune system.

“Canning allows us to enjoy the sweet flavor of peaches all year round without skimping on nutrition,” said Sarah Ludmer, RD, LN, Nutritionist at Del Monte Foods. “Studies show that canned peaches actually have more folate and beta-carotene than fresh. Plus, there's no mess. Canned peaches are peeled and cut, which means they are ready to add instant flavor to your favorite dishes.”

For your next busy morning, give this Peach Breakfast Fruit Smoothie a try. It's ready to be enjoyed in minutes.

Peach Breakfast Fruit Smoothie

Prep time: 4 minutes

Blend time: 2 minutes

Serves 3

Ingredients:

- 1 cup nonfat vanilla Greek yogurt**
- 1 can (15 oz.) Del Monte® Lite Yellow Cling Sliced Peaches, undrained**
- 1 small ripe banana**
- 1 tsp. vanilla extract**



In addition to being delicious, peaches are filled with vitamins A and C, which can help protect your immune system. Remember, August is National Peaches Month.

Directions:

Combine all ingredients in a blender. Secure with lid and puree until smooth.

Variation: To make Pear Pomegranate Smoothies, substitute 1 can (15 oz.) *Del Monte® Lite Sliced Pears*, drained, plus ½ cup pomegranate juice for the peaches, and ½ tsp. almond extract for the vanilla.

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Note to Editors: August is National Peaches Month.