foodbank of the Southern Tier

Just Say Yes To Fruits & Vegetables

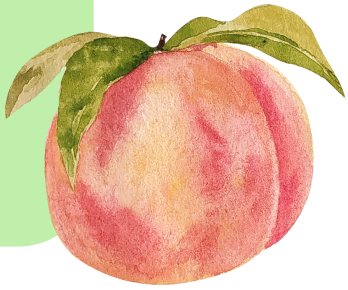
Canned Peaches

Try out these fun recipes with canned peaches!

Peach Smoothie

- 2 cans of peaches
- 1 banana
- 2 cups milk
- 2 tbsp yogurt
- 1 tbsp honey (optional)

Makes 2 Servings



Directions

1. Put the canned peaches and sliced banana into a blender.
2. Top up with the rest of the ingredients and blend until smooth.

Recipe from: hungryhealthyhappy.com

Peaches and Cream Oatmeal

- 1/2 can of peaches, drained
- 1/2 cup rolled oats
- 1/2 cup milk
- 1/2 water
- 1 tbsp sugar
- 1 tsp salt
- 1/8 tsp cinnamon (optional)
- 1/4 tsp vanilla (optional)
- 2 tbsp cream, half-n-half, or milk (optional)

Makes 1 Serving

Directions

1. In a large microwave-safe bowl, combine oats, milk, water, sugar, cinnamon (optional), and salt.
2. Microwave mixture on high for 3.5-4 minutes.
3. Remove from microwave and stir in vanilla. Fold in canned peaches into oatmeal after microwaving. Drizzle oatmeal with cream and serve warm.

Recipe from: www.cookingclassy.com

Peach Frozen Yogurt

- 1 bag frozen peaches, or 4 cups of canned peaches frozen
- 3 tbsp honey
- 1/2 cup plain yogurt
- 1 tbsp lemon juice

Makes 4 Servings

Directions

1. Add the frozen peaches, honey, yogurt, and lemon juice to a blender or food processor. Blend until smooth and creamy.

Recipe from: justataste.com