



canned ***Peaches*** 5 ways



Grilled Cheese with Peaches

- + Canned peaches
- + Whole grain bread
- + Cheddar cheese [low-fat]
- + Spinach



Peach Cooler

- + Canned peaches
- + Milk [low-fat]
- + Lemon juice
- + Nutmeg



Rise & Shine Cobbler

- + Canned peaches
- + Canned pears
- + Prunes
- + Vanilla extract
- + Orange
- + Granola



Chicken Salad & Peach Sandwich

- + Canned peaches
- + Whole grain bread
- + Cooked chicken
- + Celery stalk
- + Apples
- + Mayo [nonfat]
- + Walnuts



Peach Sauce

- + Canned peaches
- + Cinnamon



Find these peach recipes here:
<https://choosemyplate.gov/5-ways-series>

What's?
Cooking
USDA MIXING BOWL

