

Fresh Peach Nice Cream

Ingredients:

- 4 c. fresh peaches, sliced then frozen
- 1 T. honey
- ½ t. vanilla powder
- ½ container (1/3 c.) of vegan yogurt: vanilla, plain, or peach-mango or your favorite kind

Directions:

1. Peel and slice fresh peaches and place in freezer for a few hours or overnight.
2. Place all ingredients in high-speed blender like Vitamix and blend until smooth.
3. Serve immediately as a soft-serve ice cream or place in freezer for 30 minutes or more for a harder texture.

Notes:

Thaw peaches 1-2 hrs. before blending, it helps with the blending process. Add your own favorite frozen fruit to create your own flavors like bananas, pineapple, mango, berries...

Did You Know? www.organicfacts.net/health-benefits/fruit/health-benefits-of-peach.html

- Peaches are juicy and versatile summer fruits that are native to China and South Asia.
- China is the largest producer of peaches and they are auspiciously revered as a Chinese symbol of longevity and immortality.
- Peaches store a broad range of nutrients that are vital for the healthy functioning of the body. Peaches are a rich provider of vitamin A, beta-carotene, and vitamin C and other vitamins. Peaches offer a rich treasure of minerals such as calcium, potassium, magnesium, iron, manganese, phosphorous, zinc, and copper. They are low in calories, contain no saturated fat or cholesterol, and are a good source of dietary fiber as well.
- The health benefits of peach fruit include a relief from hypokalemia, cancer, obesity, cholesterol, blood stasis, and neurodegenerative diseases. It helps in eye care, skin care, maintaining healthy nervous system, bones, and teeth. It has anti-aging properties and also helps in detoxification, as well as improving digestion and cellular health. It has essential nutrients and antioxidants which are valuable during pregnancy and it helps in strengthening the immune system as well.