



Taste and Savor

1 Quick Recipe:

Summer Peach Crisp

4 TB Unsalted Butter
 ¼ Cup Coconut Sugar plus 2 TB, divided
 1 ¼ Cup Whole Wheat Flour, divided
 ½ Cup Finely Chopped Nuts (your choice), toasted
 2 - 3 LB Ripe Peaches, peeled if thick skinned, cut into slices
 1 Large Lime, zested and juiced
 ½ tsp Cinnamon
 Nonfat Plain Greek Yogurt , Cinnamon and Coconut Sugar for Garnish

Step One

Coat 9 x 12" casserole dish with nonstick spray or oil. OR coat small individual ramekins. Preheat oven to 350F.

Step Two

To make the topping, use a hand or stand mixer to beat the butter and ¼ Cup sugar until smooth. Stir in 1 cup flour and nuts, until just com-

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



bined and crumbly.

Step Three

Place the peaches in a bowl and toss with zest and juice. Stir in remaining ¼ Cup flour, remaining 2 TB coconut sugar and cinnamon.

Step Four

Place fruit in bottom of prepared dish. Sprinkle flour and nut topping on top. Bake for 30 minutes or until brown and bubbly. Serve warm topped with yogurt and if desired, a sprinkle of coconut sugar and cinnamon.

2 Kitchen Scoop

Did you know that August is National Peach Month? This is THE time of year to grab some of these juicy fruits and enjoy them in sweet and savory recipes. I shared this sweet recipe on ATL & CO, but I love pairing peaches with salads too, like the recent Friday Four [Georgia Peach Chicken Salad](#) AND the [Asian Peach Salsa Salad with Shrimp](#) from ATL & CO this week.

3 Clever Idea

If you haven't used coconut sugar before, here's an easy recipe to try it in! More moist than other sugars. It has a delicious sweet taste that works well with fruit desserts like crisps, crumbles and cobblers.

4 Cheers!

Hogue Late Harvest Riesling

Columbia Valley Washington
 About \$10.00

Don't like wine that is as sweet as this one? You're not enjoying it with the right food! This peach crisp is bursting with fruit sweetness, and needs a wine at least as sweet for a good pairing. Moderately sweet, medium bodied with a crisp finish, this is a wine made to enjoy with "stone fruit" desserts like peaches, nectarines and apricots!