

Naturally Nutritious

BLOG #13

August 2025

JUST PEACHY

One of my absolute favorite summer treats is a cold, ripe, juicy peach from the fridge. Peaches can be found at their peak in warm summer months, especially July and August, and come in several varieties. One distinction is how the flesh clings to the pit of the peach with freestone peaches, clingstone peaches, or a hybrid of the two. Freestone peaches are easier for baking as the pit pulls away freely from the flesh, while clingstone peaches are sweeter and the pit clings tightly to the flesh of the peach. Peaches also come in a variety of colors and sizes like the white-fleshed donut peach, yellow-fleshed Lori Ann Peaches, and even red-fleshed Indian Blood clingstone peaches. With so many kinds of peaches to pick from, there are also several ways to enjoy them.

Yellow peaches tend to be more tart and acidic, while white peaches are sweeter and milder. For a twist on Caprese salad, swap tomatoes for peaches paired with mozzarella or burrata, basil, and a balsamic drizzle. Peaches also pair well with heat—try them in a fresh salsa with jalapeños or chipotle to top fish tacos. Grilled peaches wrapped in prosciutto make a great sweet-and-savory bite, or cook them into a spiced compote to stuff chicken or pork. For a quick snack, top whole wheat naan with ricotta, peaches, arugula, and a drizzle of honey. They also blend beautifully into yogurt parfaits or smoothies.



HEALTH BENEFITS OF PEACHES

Not only are peaches refreshing, they're loaded with nutrients:

- **190mg of potassium; helps regulate blood pressure**
- **Made up of 85% water—great for hydration**
- **About 2g of fiber to support digestion**
- **Only 60–70 calories per peach**
- **High in vitamin C for immune & skin health**
- **Nutrients are concentrated in the skin, so eat it when you can!**



The nutrients in peaches contribute to a wide range of benefits: fiber aids digestion and promotes a healthy gut, while potassium helps regulate blood pressure and support heart health. The vitamin C and antioxidants found in peaches such as polyphenols and carotenoids can boost immunity, protect the skin from environmental stressors, and even play a role in reducing inflammation. Some compounds in peaches have also been studied for their potential anti-cancer properties, and the beta-carotene content supports healthy vision. Best of all, much of this goodness resides in the skin, so when you can, eat them fuzz and all!

As families gear up for back-to-school season, the weather is still hot and calls for a refreshing burst of nutrition. Smoothies are quick and easy and can be taken to go. This recipe contains 2 ½ servings of fruit, and 1 serving of vegetables along with a good source of protein and healthy fats. Peaches may be at their peak season, but you can make this recipe all year with frozen fruit. You can buy frozen peach slices ready to use or slice extra peaches, place them on a parchment lined baking sheet and freeze for future use.

Note: Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

CULINARY TIPS:

Cooking with peaches

Swap tomatoes for peaches in a Caprese salad with mozzarella or burrata & balsamic glaze

Add peaches to a jalapeño or chipotle salsa for topping tacos

Grill peach slices with prosciutto for a sweet-and-savory appetizer

Try naan topped with ricotta, peaches, arugula, and honey

Blend into a yogurt parfait or smoothie



PINEAPPLE PEACH SMOOTHIE



INGREDIENTS

½ cup frozen peach slices
½ cup frozen pineapple chunks
1 cup baby spinach or kale
¾ cup vanilla Greek yogurt
(brands such as Oikos, Two Good,
Chobani No Sugar Added)
1 tablespoon chia seeds
¼ cup pineapple juice or orange
juice

INSTRUCTIONS

1. Place all ingredients in a blender and blend on high for 1 minute until smooth.

Notes:

- For best texture, use frozen fruit; it makes the smoothie extra creamy.
- If you prefer less sweetness, use plain Greek yogurt instead of vanilla.
- Follow your blender's specific instructions when layering ice and frozen ingredients for optimal results.