

Poached Peaches with Strawberry Sauce (serves 4)

FLT (per serving): 1 fruit
80 calories, 19 g carbohydrates, 0.9 g protein, 0.2 g fat

1 can (6 oz.) frozen unsweetened apple juice concentrate, thawed
1 cup water
1 tbsp. finely grated lemon peel
1 tsp. vanilla extract
4 medium size ripe peaches or nectarines (pears will be a winter alternate)
4 sprigs fresh mint for garnish (optional)
Strawberry sauce (recipe below)

1. In a medium saucepan, mix apple juice, water, lemon peel, and vanilla; bring to boil and reduce heat.
2. Cover and simmer for 10 minutes.
3. Add peaches (or other desired fruit) and poach, partially covered over low heat for 7-8 minutes.
4. Remove from heat and allow to cool in liquid. When cool, carefully slip skins off peaches, cut in half lengthwise and remove pits.
Spoon strawberry sauce into 4 dessert plates, making a little pool.
5. On each plate, arrange 2 peach halves in the center and garnish with mint.

Strawberry Sauce (excellent for any poached fruit) (yields 1 $\frac{3}{4}$ cups)

FLT (per serving): $\frac{1}{2}$ fruit
28 calories, 7 g carbohydrate, 0.6 g protein, 0.3 g fat

2 cups fresh strawberries, hulled and washed
 $\frac{1}{4}$ cup orange juice (unsweetened)
Pinch each of ground cinnamon and nutmeg

Combine all ingredients in blender or food processor until smooth.