

Joy of Living Cooking School February 2022 – Peachy Keen

Peach Crisp (16 Servings)

- 2 cups Rolled Oats
- 1 cup Chopped Nuts
- 1 Cup Coconut Flakes (unsweetened)
- 1 cup Plant-based Milk (unsweetened)
- 12 Medjool Dates, pits removed
- 1/2 teaspoon Cardamom, ground
- 3/4 teaspoon Coriander, ground
- 1-1/2 teaspoons Ginger, ground
- 3 lbs. Peach slices (fresh or thawed)



Preheat oven to 350°.

In a large bowl, combine the oats, chopped nuts, and coconut flakes.

Add the milk, dates, cardamom, coriander, and ginger to a blender. Blend on high until Smooth. Add to the oat mixture and mix until thoroughly combined.

Add the peaches to a 13" x 9" baking dish. Top with the oat mixture and distribute the topping evenly.

Bake for 25-40 minutes until the peaches are soft and the topping is browned. Rest for 10 minutes. Serve warm.

Nutrition Facts	
Servings: 16	
Amount per serving	
Calories	233
% Daily Value*	
Total Fat 7.3g	9%
Saturated Fat 2.3g	11%
Cholesterol 0mg	0%
Sodium 62mg	3%
Total Carbohydrate 39g	14%
Dietary Fiber 5.7g	20%
Total Sugars 3.5g	
Protein 4.5g	
Vitamin D 0mcg	0%
Calcium 14mg	1%
Iron 2mg	9%
Potassium 180mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Easy Peach Sorbet (4 Servings)

- 1 pound Frozen Peach Slices
- 1 tablespoon Lemon Juice
- 3 tablespoons Agave Syrup
- 1/4 cup warm water



Add all ingredients to the bowl of a food processor. Pulse on high in 15-20 second intervals. Scrape down the sides as needed. Add additional warm water one tablespoon at a time if needed.

Serve immediately or freeze in a container with a tight lid. Thaw for 20 minutes before scooping.

Substitute a plant-based milk for the water for a creamy sherbet alternative.

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	89
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 12mg	1%
Total Carbohydrate 24.1g	9%
Dietary Fiber 0.8g	3%
Total Sugars 8.2g	
Protein 0.8g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	2%
Potassium 14mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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