



# canned ***Peaches*** 5 ways



## ***Grilled Cheese with Peaches***

- + Canned peaches
- + Whole grain bread
- + Cheddar cheese [low-fat]
- + Spinach



## ***Peach Cooler***

- + Canned peaches
- + Milk [low-fat]
- + Lemon juice
- + Nutmeg



## ***Rise & Shine Cobbler***

- + Canned peaches
- + Canned pears
- + Prunes
- + Vanilla extract
- + Orange
- + Granola



## ***Chicken Salad & Peach Sandwich***

- + Canned peaches
- + Whole grain bread
- + Cooked chicken
- + Celery stalk
- + Apples
- + Mayo [nonfat]
- + Walnuts



## ***Peach Sauce***

- + Canned peaches
- + Cinnamon



Find these peach recipes here:  
<https://choosemyplate.gov/5-ways-series>

**What's?**  
**Cooking**  
USDA MIXING BOWL

