

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sultry Summer Peaches

From www.mynewroots.blogspot.com

You can serve these with a number of things, including coconut milk ice cream and oatmeal, or just eat them on their own!

4-5 ripe peaches
½ cup blueberries (optional)
½ cup water
2 Tbsp pure maple syrup
¼ tsp. ground cardamom
2 whole cloves
½ vanilla bean, seeds scraped (reserve empty bean pod)
Pinch of sea salt

1. Wash and pit the peaches, then slice into wedges.
2. Add the peaches and remaining ingredients (including the empty vanilla bean pod) to a saucepan, bring to a boil, and then reduce to a simmer on low for about 20 minutes.
3. Let cool slightly.