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Peaches n' Cream Delight

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Prep Time	Cook Time	Total Time	Servings
15 minutes	Cooling for at least 1 hour	1 hour and 15 min	24

Ingredients

- 3 jars of peaches (24 oz each)
- 1 Mori-nu tofu, extra-firm
- 1 can coconut milk (14oz)
- 6 tablespoons golden raisins
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 15 canned or fresh cherries to decorate

Instructions

1. Drain the syrup from the peaches and distribute them into a container (15x10).
2. In a blender add the other ingredients (tofu, coconut milk, raisins, vanilla, and salt) and blend until smooth.
3. Pour the cream over the peaches spreading out evenly to cover most of them.
4. Garnish it with cherries or any other fruits (optional).
5. Refrigerate for at least one hour. Serve chilled.

Bonus Tips

Tip: The cream can be used as a topping for fruits salads or blended with 3 cups of the frozen fruit of your choice to make a delicious ice cream (adjust the sweetness as need with additional golden raisins or maple syrup).

Storage: keep leftovers covered in the refrigerator and consume within 7 days.

Nutrition Facts	
24	
Serving size	1/2 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1.5	2
Saturated Fat 1.5	8
Cholesterol 0	0
Sodium 35	2
Total Carbohydrate 19	7
Dietary Fiber 1	4
Total Sugars 16	
Incl. 0 Added Sugars	0
Protein 2	
Vitamin D 0	0
Calcium 12	0
Iron 0	0
Potassium 109	2
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.	