



WellBeingMD's Mindful Kitchen

Summer Nectarine Crumble

Adapted from taste.com.au

Stone fruits like peaches and nectarines are used in this simple basic crumble that make a great summer dessert.



Ingredients:

- 8 nectarines
- 1 tablespoon **superfine sugar**
- 1/3 cup of **almond flour**
- 1/3 cup of **whole rolled gluten free oats**
- 2 tablespoons **flaked almonds**
- 2 tablespoons **chopped California walnuts**
- 2 tablespoons **chopped pecan nuts**
- 1 1/2 tablespoons **honey**
- ¼ stick of **cold butter**, chopped

Directions:

1. Preheat oven to 200°C.
2. Run a knife down the natural groove to the stone of both sides of each nectarine. Twist the halves away from the stone.
3. Arrange the nectarines skin side up in an 11 x 7 x 1.5 inch oven proof dish. Sprinkle the sugar over the fruit.
4. Combine the flour, oats, almonds, walnuts and pecan nuts in a bowl. Drizzle the honey over the mixture. Rub the cold butter and honey in until the mixture is well combined and forms large, coarse crumbs. Scatter over the nectarines. Sprinkle any extra almonds over the top. Bake for 30 minutes or until golden. Serve with ice cream or yogurt.



The Difference between **Peaches** and **Nectarines**

The main physical difference is that peaches have a fuzzy coating, whereas nectarines are smooth and do not have this coating. They are almost identical genetically, but there is a **gene variant between the two**. Peaches have a dominant allele (variant form of a gene), which results in the soft, fuzzy coating on the outside. They can be freestone, which means the pit falls easily away from the flesh, or clingstone, where the pits stay stuck to the flesh. Peaches can come in yellow or white varieties. Nectarines, however, express a recessive gene that results in no fuzz growth on the outside and smooth skin. They tend to be smaller, firmer, and more aromatic than peaches, but they can also be more susceptible to diseases. Like peaches, they can be freestone or clingstone, and they also come in white and yellow varieties. These differences between peaches and nectarines are really quite subtle, and when cooking with them, they can be used interchangeably. While some claim that nectarines are juicier and sweeter, I really haven't found that to be consistently true. I'd much rather shop by what looks best at the market! **One medium-sized nectarine contains 62 calories and is a good source of a number of minerals (Potassium), vitamins (Beta-carotene and Vitamin A and C) and dietary fiber.**

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Home of "The Mindful Kitchen"

11950 S. Harlem Avenue - Palos Heights, IL 60463 - 708.448.9450

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