

Culinary Literacy Corner: Sweet Pleasures—A Recipe for Peach Sorbet

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Our bodies and minds are designed to crave sweet taste and if we are cognizant of these desires, we are more likely to make healthier sweet choices.

In the average American diet, people consume 22 teaspoons of added sugars daily. The sugar can be in sugar sweetened beverages, candy, baked goods, ice-cream, but also in foods we don't usually consider sweet - bread, ketchup, salad dressing, cereal. The food industry has become very creative in 'hiding' sugars in the ingredient list - there are over 150 commercially available sweeteners that can be added to food products.

If you inspect ingredient lists, you'll likely notice more than one added sugar on the list - that's the industry's way to bump added sugars down the ingredient list as the list is based on content by weight.

Best way to limit added sugars? Simply avoiding packaged foods. Instead, reach for food with whole ingredients, then add sugar or honey or other sweetener to your taste. This approach almost always ends up with less added sugar compared to packaged foods. Importantly, our palates can be trained: if you eat nature's natural sugar, e.g. an apple, it will taste sweet. However if you eat a cookie first, the apple will not taste as sweet and will be less desirable.



Recipe – Peach Sorbet

1. A versatile recipe – where you can use any fruit (just freeze it first) or you can combine fruit.
2. Feasible any time of year as you can use frozen fruit or whatever is in season.
3. You control the amount of added sweetener – minimal needed as fruit is sweet on its own.
4. SIMPLICITY – just 3 ingredients, plus garnish.

Ingredients: makes 6 servings

- 16 oz - frozen peaches (or 4 medium peaches, sliced and frozen; can leave skins on)
- 2 tablespoons or honey - sweeten to taste
- 1 tablespoon lemon juice plus zest of one lemon
- Water

Directions:

Combine all ingredients above in a blender or food processor. Add ¼ cup to 1/3 cup water as needed to make the mixture smooth. Can eat right away or use single serving containers and freeze. Serve with garnish of fresh fruit and mint.



Now you have ready-to-eat sweet treats in the freezer, tasty alternatives to ice-cream or other dessert.