

# Peach Cups

Peaches make for a sweet and refreshing dessert, but also work to aid in digestion! Their soluble fibers also contribute to lower the risk of gut disorders.

- Mint is a good source of vitamin A
- A compound in vanilla has antidepressant effects

**PREP**  
15 minutes

**COOK**  
2 hours

**SERVES**  
4-6 people



## INGREDIENTS

- 2 bags frozen peaches
- $\frac{3}{4}$  cup agave syrup
- 2 Tbsp fresh lemon juice
- 1 tsp pure vanilla extract
- 1 Tbsp apricot marmalade or jam
- 1 envelope unflavored gelatin (about 1 Tbsp)
- $\frac{1}{2}$  cup low-fat cream cheese or Greek yogurt
- Whipped cream for serving (optional)
- Fresh mint sprigs for serving (optional)

## DIRECTIONS

- 1** Place a medium saucepan over medium-high heat. Add peaches, agave syrup, lemon juice, vanilla, and apricot marmalade. Bring to a simmer and cook until peaches are soft and all flavors have been incorporated, about 5 minutes. Turn off heat and let peach mixture cool.
- 2** In a small bowl, place about 3 tablespoons of hot water and the envelope of unflavored gelatin. Dissolve the gelatin in the hot water and let it set for a few minutes.
- 3** Add peach mixture with juices to the blender. Blend until silky smooth. Then, add cream cheese and gelatin and blend again until all ingredients are fully incorporated.
- 4** Pour the peach mousse in individual containers; these can be glasses, ramekins or dessert cups. Fill to about  $\frac{3}{4}$  of the container. Place containers in the refrigerator for a minimum of 2 hours or until the next day.

### Serve

Using a piping bag, top each individual peach mousse serving with whipped cream piping. Garnish each cup with a sprig of fresh mint.