**Kid Friendly Recipe for August...**

**Ginger Peach Smoothie** - Serves 2

- 1 cup milk
- 1 peach
- 1 frozen banana
- 1 tsp honey or agave
- 1 dash ginger
- 1 dash nutmeg

**Directions:**
Layer the first three ingredients in the blender in the order listed above. Puree until smooth. Taste the smoothie and add honey if desired. Add a sprinkling of the spices and blend to combine. Enjoy!

*Recipe courtesy of Mary Younkin at Barefoot in the Kitchen*

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**Adult Friendly Recipe for August...**

**Peachy Chipotle Salsa** - Serves 6

- 2 cups diced ripe peaches
- ¾ cup fresh lemon juice
- ½ cup red onion, diced
- ½ cup red bell pepper, diced
- ¼ cup canned chipotle chili peppers, seeded and minced
- 1 ½ teaspoons minced garlic
- 1 ½ teaspoon toasted and crushed cumin seeds
- ½ teaspoon minced fresh oregano
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black

**Directions:**
Combine all ingredients in a large bowl. Cover and refrigerate for up to 3 days. Try it over baked fish, chicken or pork.

*Adapted from: www.fruitsandveggiesmorematters.org*