

THINGS TO KEEP IN MIND

While peaches typically show up as a high potassium fruit, if you limit your portion size to ½ peach, it has only 166 mg of potassium and fits into a well-balanced kidney diet.

INGREDIENTS:

- 4 peaches
- spray olive oil
- cinnamon (optional)
- brown sugar (optional)



Oven baked peaches

Directions

1. Preheat oven to 350 °F.
2. Slice peaches in half and remove the pit.
3. Arrange in a baking dish, cut side up.
4. Use spray olive oil to lightly coat the peaches.
5. Sprinkle with cinnamon and a little brown sugar (if desired).
6. Bake for about 30 minutes in the oven and enjoy!