



Peach Bread

(Good served at room temperature or chilled. Flavors blend well if made ahead and refrigerated a few hours before serving.)

- 1 pound of freshly peeled and sliced peaches
- ½ cup organic unsweetened apple juice*
- 1 ¾ cups sprouted wheat, spelt, or brown rice flour
- 1 cup sucanat or date sugar
- 1 teaspoon each aluminum-free baking powder AND baking soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- 1/8 teaspoon ground cloves
- 1 large egg, lightly beaten, preferably pastured
- 4 tablespoons melted butter, preferably raw or organic
- 1 teaspoon vanilla extract
- ¾ cup crispy (soaked and dried) almonds, chopped (optional)

Preheat oven to 350 degrees. Cook peaches and apple juice (*You may replace apple juice with dry white wine or dark rum, depending on your tastes and preferences) in a saucepan over medium-high heat, stirring often for 15 minutes or until peaches are tender. Process the peach mixture in a blender until smooth.

Combine flour and next 7 ingredients in a large bowl. Stir in peach puree, egg, melted butter, and vanilla; blend well. Stir in almonds. Pour into a greased and floured ceramic or glass loaf pan.

Bake at 350 degrees for 30 minutes. Cover with a parchment tent after 30 minutes if excessive browning occurs. Bake additional 15 minutes until a tooth pick inserted in middle comes out clean. Cool on a wire rack 10-15 minutes. Remove from pan and cool completely on wire rack. Very special served with homemade vanilla ice cream topped with a dash of freshly ground nutmeg..