



FOOD RECIPES

SUMMERFRUIT

COOKBOOK



Summerfruit Australia

More information available at
www.summerfruit.com.au

 Summerfruit
AUSTRALIA

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SUMMERFRUIT

COOKBOOK

Easy & delicious

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 Summerfruit
AUSTRALIA



OUR ETHOS

Summerfruit Australia Limited (SAL) is the recognised national peak industry body for Australia's summerfruit growers.

Since 1998 we have worked on behalf of growers of apricots, nectarines, peaches and plums across every production state, acting as the industry's voice on a national and international level.

We deliver programs and services across three core areas: Advocacy and Representation, Research, Development and Extension, and Market Access and Trade.

We believe what is good for the industry, is good for growers.

Learn more:
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FOOD RECIPES

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SWEET



POACHED PEACHES WITH PAVLOVA

AN ICONIC AUSSIE DESSERT

DIRECTIONS

1. Preheat oven to 120°C/250°F fan forced. Draw 6 (10cm diameter) circles on a sheet of baking paper. Arrange paper, pencil side down on a large baking tray.
2. In the large bowl of a stand mixer, whisk egg whites and salt on high speed until firm peaks form. Gradually add sugar, 1 tablespoon at a time, beating well after each addition until sugar dissolves. Beat for a further 3 minutes or until mixture is thick, stiff and glossy.
3. Divide meringue between circles and use a palette knife to spread evenly. Bake for 1 hour 30 minutes or until crisp and dry. Turn off oven and leave door ajar for meringue to cool completely.
4. Meanwhile, combine extra caster sugar and water in a saucepan. Stir over a medium heat until sugar dissolves and mixture comes to the boil. Reduce temperature to medium low. Add peach wedges and cook for 5 minutes or until softened. Remove from heat and cool.
5. Beat cream until soft peaks form. Fold sour cream into cream. Place pavlovas onto a serving platter. Spoon cream onto pavlovas. Top with peach wedges and poaching syrup. Dust with icing sugar and serve.

SERVES 6.

INGREDIENTS

- 4 egg whites
- ½ teaspoon salt
- 1 cup caster sugar
- extra 1 ½ cups caster sugar
- ¾ cup water
- 4 peaches, each cut into 12 wedges
- ¾ cup thickened cream
- ½ cup sour cream
- 2 tablespoons icing sugar

NOTE

If you're short on time, simply buy ready-made pavlova cases and top with the whipped cream mixture and poached peaches.

DELICIOUSLY RICH ROASTED PLUM SORBET

INGREDIENTS

- 1 vanilla bean
- 1 cinnamon stick
- 800g plums (rinse and pat dry)
- 5 tbsp granulated sugar for roasting plums
- ¾ cup granulated sugar for sugar syrup
- ¾ cup cold water

DIRECTIONS

- 1.** Preheat oven to 180°C/350°F.
- 2.** Halve all plums, keeping pits intact.
- 3.** Line a rimmed roasting pan with baking paper and place the plums in the pan facing up.
- 4.** Evenly coat the plums with the 1.5 tbsp granulated sugar.
- 5.** Place the vanilla stick and vanilla bean between the plums.
- 6.** Leave in the oven for 35 minutes. The plums should be tender and juicy.
- 7.** Cool plums to room temperature.
- 8.** Remove the pits, cinnamon stick and vanilla bean from the plums.

- 9.** Place plums in food processor or blender and blend until smooth.
- 10.** Filter puree through a sieve.
- 11.** In a small saucepan, add the cold water and ¾ cup granulated sugar.
- 12.** Bring to boil and then simmer for 2 minutes.
- 13.** Add sugar syrup to plum puree.
- 14.** Freeze mixture in shallow container, whisking every couple of hours to breakdown the ice crystals (you may need to whisk more frequently than this depending on the temperature in your freezer).
- 15.** You may need to transfer the product to a food processor when the sorbet is completely frozen to make it smoother.
- 16.** Transfer to container and leave overnight until firm.



YULE LOG CAKE



INGREDIENTS

ROLLING CAKE

- 6 egg yolks
- 6 egg whites
- 45g granulated sugar
- 50g vegetable oil
- 60g unsweetened milk
- 90g cake flour
- 15g corn starch
- 15g cocoa powder
- 8g cream of tartar
- 75g sugar
- Pinch of salt

NECTARINE JAM

- 395g nectarines
- 200g sugar

NECTARINE CREAM

- 300ml whipping cream
- 60g granulated sugar (if you like sweet)
- 200g nectarine jam

CHOC-CREAM FROSTING

- 300g unsalted butter
- 50g cocoa powder
- 100g powdered sugar
- 100g ganache

WITH NECTARINES & CREAM

DIRECTIONS

ROLLING CAKE

1. Preheat the oven at 170°C/340°F.
2. Sift cake flour, corn starch and cocoa powder in one bowl.
3. Mix egg yolk, sugar (45g), oil and milk until smooth, ensure no lumps.
4. In another bowl, whip the egg whites with a pinch of salt, cream of tartar and sugar (75g) until stiff.
5. Take ⅓ beaten egg mixture to the batter bowl and mix gently with the whisk. Then, use a spatula to mix the rest ⅔ beaten egg with the batter, use a folding method.
6. Pour the mixture into a rectangular tray, spread evenly on the tray and set in the oven for 25 mins.
7. After 25 mins, take it out and roll the cake when it is warm. Let it cool.

CAKE SHAPING

1. After the rolling cake has cooled down, open it and spread the nectarine cream inside, place some fresh nectarines slices in the cream.
2. Then, roll into shape and refrigerate for a minimum of 4-hours.
3. When the cake is firm enough, begin adding frosting.
4. Use a fork to gently score the cake surface, to create bark-like ridges.
5. Then, decorate the cake as you please (rosemary, meringue mushrooms, etc.)

NECTARINE JAM

1. Place 395g chopped nectarines into a blender, blend until it becomes a paste.
2. Cook the paste with 200g sugar until thick.
3. Let it cool.

NECTARINE CREAM

1. Beat the whipping cream with 60g sugar until stiff (if you don't like sweet, you don't need to add sugar).
2. Mix the cream with 200g of your nectarine jam

CHOC-CREAM FROSTING

1. Melt butter and allow it to cool to room temperature.
2. To create ganache mix 50g whipping cream and 50g melted dark chocolate.
3. Mix butter with cocoa powder, powdered sugar and ganache until smooth.





APRICOT JAM & COCONUT SLICE

A CROWD PLEASER

INGREDIENTS

- 125g butter, softened
- ½ cup caster sugar
- 1 teaspoon vanilla extract
- 1 egg
- 1 ½ cups self-raising flour
- ½ cup desiccated coconut
- 2 cups shredded coconut
- extra ¼ cup caster sugar
- extra 1 egg, whisked

APRICOT CHIA JAM

- 4 apricots, halved, stone removed
- chopped (250g)
- 1 ½ tablespoons water
- 1 tablespoon honey
- 1 tablespoon white chia seeds

DIRECTIONS

1. To make the apricot chia jam, place apricots, water and honey into a saucepan over medium heat. Bring to the boil, reduce heat and simmer, covered for 10 minutes or until apricots are soft. Mash with a fork until smooth. Add chia seeds and stir until combined. Cool. Place in an airtight container in the fridge until needed.

2. Preheat oven to 180°C/350°F, fan forced. Grease and line a 30cm x 20cm slab pan with baking paper. Using an electric beater, beat butter, sugar and vanilla until light and fluffy. Add egg and beat until just combined. Stir flour and desiccated coconut into butter mixture. Spoon mixture into prepared pan and spread evenly with the back of a spoon. Bake for 15 minutes or until light golden. Cool.

3. Spread apricot jam over slice. Combine shredded coconut and extra sugar in a bowl. Add the extra egg and stir until combined. Spoon and spread mixture over jam. Bake for 25 minutes or until golden. Cool. Remove from cake pan and cut into fingers to serve.

MAKES 16.

SUMMERFRUIT & YOGHURT MUESLI POTS

A QUICK 'N EASY BREKKIE

INGREDIENTS

- 8 nectarines, peaches, apricots, or plums, halved with stones removed
- ½ cup brown sugar
- 400g thick Greek yoghurt
- ½ cup toasted muesli

DIRECTIONS

1. Place the nectarines/peaches or plums onto a baking dish lined with baking paper, sprinkle with brown sugar and ½ cup water.
2. Cook under a preheated grill until the nectarines are soft.
3. Divide half the grilled fruit between four serving glasses, top with yoghurt, muesli, remaining nectarines and syrup.

SERVES 4.







PLUM & RICOTTA STUFFED FRENCH TOAST

THE ULTIMATE
BREAKFAST

INGREDIENTS

- 4 slices of brioche or sourdough
- ½ cup ricotta cheese
- 1 tbsp honey
- 1 ripe plum, thinly sliced
- 2 eggs
- ½ cup milk
- ½ tsp cinnamon
- 1 tsp vanilla extract
- Butter for cooking

DIRECTIONS

- 1.** Mix ricotta with honey and spread on two slices of bread.
- 2.** Top with plum slices and place the other slices on top to make a sandwich.
- 3.** Whisk eggs, milk, cinnamon, and vanilla.
- 4.** Dip each sandwich into the egg mixture, coating both sides.
- 5.** Cook in butter over medium heat until golden brown.
- 6.** Serve warm with extra honey or syrup.

SERVES 2.



NECTARINE WEDGES DIPPED IN CHOCCIE

A TABLE FAVOURITE

DIRECTIONS

1. Dip half the nectarine wedges into melted white chocolate and gently press into the coconut. Place onto a baking tray lined with baking paper.

2. Dip the remaining nectarine wedges into melted dark chocolate and gently press into the pistachios. Place onto baking tray lined with baking paper. Chill until set.

SERVES 6.

But beware, this dish is so popular, you might need to make a few batches!

INGREDIENTS

- 6 large yellow or white nectarines, stones removed and cut into thick wedges
- 200g white chocolate, melted
- 1/2 cup shredded coconut
- 200g dark chocolate, melted
- 60g pistachio kernels, roughly chopped



FEELING SNACKISH?

FLUFFY PEACH MUFFINS

INGREDIENTS

- 1 ½ cups plain flour
- ½ cup sugar (or light brown sugar)
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup melted butter
- ½ cup buttermilk (or yoghurt)
- 2 large eggs
- 1 tsp vanilla extract
- 1 large peach, finely chopped

DIRECTIONS

- 1.** Preheat oven to 180°C/350°F. Line a muffin tray with liners.
- 2.** In a bowl, whisk together flour, sugar, baking powder, baking soda & salt.
- 3.** In another bowl, whisk melted butter, eggs, buttermilk & vanilla extract.
- 4.** Add the chopped peach and mix gently.
- 5.** Fill muffin cups ¾ full and add a few peach slices on top for a rustic look!
- 6.** Bake for 18-22 minutes, until golden brown.
- 7.** Let them cool slightly and enjoy.

MAKES 10.





CREAMY OATS WITH NECTARINES & AVOCADO

WARMING & NOURISHING

INGREDIENTS

- ½ cup rolled oats
- ½ cup milk (or plant-based milk)
- ½ nectarine, sliced
- ¼ avocado, sliced or mashed
- 1 tbsp honey or maple syrup
- 1 tbsp chia seeds or flaxseeds
- 1 tbsp toasted almonds or walnuts
- ½ tsp cinnamon
- 1 tbsp pumpkin seeds

DIRECTIONS

- 1.** Add rolled oats and milk (or water) to a pot and stir over medium heat, until creamy.
- 2.** Add honey and cinnamon, stir. Carefully remove the oats from the pot and pour into your serving bowl.
- 3.** Top with sliced nectarine and avocado. (avocado on oats adds a surprisingly delightful creamy texture and flavour).
- 4.** Sprinkle with chia seeds, nuts, and pumpkin seeds. Add a drizzle of honey if desired.
- 5.** Enjoy warm or chilled!

SERVES 1.



SAVOURY



STICKY ASIAN PORK BELLY WITH PLUMS

RICH AND SATISFYING

INGREDIENTS

- 1.4kg pork belly, scored
- 1 tablespoon olive oil
- 1 tablespoon sea salt flakes
- Steamed jasmine rice, to serve
- Shredded green onion, to serve

PLUM SAUCE

- 6 plums, halved, stone removed
- ½ cup firmly packed brown sugar
- 1 orange, finely grated rind, and juice 6 thin slices peeled fresh ginger
- 3 garlic cloves sliced
- 1 cup chicken stock
- 2 tablespoons honey
- ½ cup soy sauce
- ¼ cup rice wine
- 1 teaspoon sesame oil
- 2 cinnamon sticks
- 2 star anise

DIRECTIONS

1. Preheat oven to 200°C/400°F, fan forced. Cut 4 x 2cm deep slashes into the under-side of the pork. Place, skin-side up, in a roasting pan and rub with oil and sea salt. Roast in oven for 45 minutes.

2. Meanwhile, for the plum sauce, chop 2 of the plums and place in a small food processor. Add the sugar, orange rind, ginger and garlic. Process until combined and smooth. Pour the puree into a saucepan over medium heat. Add the stock, honey, orange juice, soy sauce, rice wine, sesame oil, cinnamon and star anise. Bring to the boil, then reduce heat to medium-low and simmer for 30 minutes or until reduced by half and thickened to a smooth sauce.

3. Pour mixture around pork, taking care not to cover skin. Add remaining plum halves around the pork and return to oven to roast for a further 30 minutes or until pork is cooked through and crackling is crispy.

4. Transfer pork to a chopping board. Stand for 5 minutes then thinly slice. Serve with sauce and plums from roasting pan, rice and green onion.

SERVES 4.

PEACH & GOAT'S CHEESE

SWEET N' SALTY TARTINE

DIRECTIONS

1. Set oven rack about 15cm from the heat source and preheat the oven. Line a baking sheet with aluminium foil.

2. Place toast on prepared baking sheet and drizzle each side with about 1 teaspoon olive oil.

3. Stir goat's cheese, thyme and pepper together in a bowl until soft and spreadable.

4. Spread cheese mixture on each piece of toast all the way to the edges so entire piece is covered.

5. Top each toast with 3 peach slices; drizzle remaining olive oil and sprinkle salt over the top.

6. Grill in the oven until tops and edges are lightly browned, and cheese and peaches are warmed through, generally about 2 minutes.

SERVES 2.

INGREDIENTS

- 2 (approx. 2.5cm thick) slices French bread, toasted
- 2 tablespoons olive oil, divided, or as needed
- 113g fresh goat's cheese, softened
- 2 teaspoons fresh thyme leaves, or to taste
- salt and freshly ground black pepper to taste
- 6 fresh peach slices





ROCKET, NECTARINE, PROSCIUTTO AND PARMESAN SALAD

SWEET 'N SALTY

INGREDIENTS

- 120g baby rocket
 - 70g parmesan, shaved
 - 100g finely sliced prosciutto
 - 4 white or yellow, nectarines halved with stones removed
 - cracked black pepper, to taste
 - extra virgin olive oil
-

DIRECTIONS

1. Arrange rocket, parmesan shavings, prosciutto curls and nectarine halves onto plates.

2. Top with cracked black pepper and drizzle with extra virgin olive oil.

SERVES 4



ASIAN SUMMER FISH

WITH A TANGY NECTARINE SALSA

INGREDIENTS

- Thick firm white fish fillets
- White or yellow nectarines, stones removed and chopped
- 1 large red chilli, seeded and sliced
- 2 spring onions, sliced
- ½ cup coriander sprigs
- ½ teaspoon sesame oil
- 1 tablespoon fish sauce
- 1 tablespoon brown sugar

DIRECTIONS

- 1.** Cook the fish fillets on a lightly oiled barbecue hot plate until tender.
- 2.** Combine the nectarines, chilli, spring onion, coriander.
- 3.** Whisk together the sesame oil, fish sauce and brown sugar, drizzle over salad, toss to coat. Serve the fish topped with the salad.

SERVES 4.



FRIED PEACH AND

INGREDIENTS

- 225g pancetta bacon, thickly sliced
- 1 teaspoon olive oil, or as needed
- 340g pizza dough, cut into quarters
- 1 tablespoon plain flour
- 1 cup olive oil, or as needed
- ½ cup ricotta cheese
- 2 teaspoons chopped fresh thyme, or to taste
- ground black pepper to taste
- 20 slices fresh peach
- ¼ cup freshly grated Parmigiano-Reggiano cheese, or to taste
- 4 teaspoons extra-virgin olive oil, or to taste

DIRECTIONS

- 1.** Preheat oven to 245°C/475°F and line baking trays with aluminium foil.
- 2.** Sprinkle pancetta into a cold pan and drizzle 1 teaspoon olive oil over pancetta. Cook, stirring occasionally, over medium heat until browned and caramelised, 5–10 minutes. Remove from the heat and allow the pancetta to cool in the oil.



PANCETTA PIZZA



3. Place 1 dough quarter on a work surface and lightly dust with flour; roll into a 3mm thick irregularly shaped crust. Stretch dough with your hands to an even thickness; let rest on the work surface for 5 minutes. Repeat with remaining dough.

4. Heat about 1 cup olive oil, reaching about 1cm depth, in a heavy cast-iron pan over medium-high heat. Fry each piece of dough until browned and cooked through, about 2 minutes per side. The first side will be lighter than the second side. Drain the crusts on paper towels.

5. Transfer pizza crusts, lighter side up, to prepared baking sheets. Spread about 2 tablespoons ricotta cheese onto each crust using the back of a spoon. Sprinkle about ½ teaspoon fresh thyme over ricotta layer. Sprinkle pancetta over the ricotta-thyme layer; season with black pepper. Nestle about 5 peach slices onto each pizza, working around the pancetta pieces.

6. Sprinkle 1 tablespoon Parmesan-Reggiano cheese over each pizza. Drizzle about 1 teaspoon extra-virgin olive oil over Parmesan-Reggiano layer.

7. Bake in the preheated oven until cheese is melted and peaches are lightly browned and tender, 12 to 15 minutes. Cool pizzas for 5 to 10 minutes on the baking tray before serving.

SERVES 4.



MIDDLE EASTERN-STYLE NECTARINE, HALLOUMI & FREEKEH SALAD

FRESH & FLAVOURFUL

DIRECTIONS

1. Place freekeh and 3 cups of water in a medium saucepan over high heat. Bring to the boil, reduce heat and simmer, covered, stirring occasionally for 25-30 minutes or until freekeh is tender and water has evaporated. Transfer to a large bowl and cool.

2. Place haloumi slices onto paper towel and pat dry. Brush with olive oil on both sides. Heat a non-stick frying pan over a medium heat. Cook haloumi slices for 2-3 minutes on each side or until golden. Transfer to a plate. Brush nectarine wedges with oil and cook in frying pan, for 2 minutes each side or until golden. Transfer to a plate with haloumi.

3. Whisk remaining oil, lemon juice, pomegranate molasses, honey, chilli flakes, salt and pepper in a jug. Add three-quarters of the parsley leaves to freekeh. Drizzle with half the dressing. Toss until combined. Arrange lettuce leaves on a serving platter and top with the freekeh mixture, haloumi, nectarines, pomegranate arils and remaining parsley leaves. Drizzle with remaining dressing. Serve.

INGREDIENTS

- 1 cup freekeh
- 225g packet haloumi, cut into 1cm thick slices, then halved lengthways
- ½ cup olive oil
- 3 nectarines, cut into 8 wedges
- 1 lemon, juiced
- 2 tablespoons pomegranate molasses
- 2 teaspoons honey
- ½ teaspoon dried chilli flakes
- ½ cup small flat-leaf parsley leaves
- 1 baby cos lettuce, leaves separated, torn into large pieces
- 2 tablespoons pomegranate arils, optional

SERVES 2.
(OR 4 AS A SIDE).



BEEF BURGERS

WITH CARAMELISED PEACH

INGREDIENTS

- 2 yellow peaches, stoned, cut into 1cm thick rounds
- 1 tbs brown sugar
- Classic Beef Burgers
- 200g fresh mozzarella, drained and sliced
- Brioche burger buns, split, toasted
- 2 tomatoes, sliced
- 1/3 cup basil leaves
- Balsamic glaze, to serve

DIRECTIONS

1. Sprinkle the peach slices with the sugar. Heat a barbecue grill or greased pan on medium-high. Add peach and cook for 1-2 minutes each side or until heated through and caramelised but still firm. Transfer to a plate and cover to keep warm.

2. Cook the burger patties on the barbecue grill or pan for 3-4 minutes each side, or until just cooked through. Top the patties with mozzarella and close the barbecue lid (or place lid over pan). Cook for 2 minutes or until mozzarella melts and patties are cooked through.

3. Divide the bun bases among serving plates. Top with the tomato, basil, burger patties and caramelised peach. Drizzle with the balsamic glaze. Add the bun tops and serve immediately.



SERVES 4.



CHICKEN APRICOT SKEWERS

ZESTY & SWEET

DIRECTIONS

- 1.** Soak 8 bamboo skewers in cold water for 15 minutes.
- 2.** Thread kaffir lime leaves, chicken, spring onions, apricots and lime wedges onto skewers.
- 3.** Cook skewers on a lightly oiled barbeque grill until tender, brush with sweet chilli sauce in the last 5 minutes of cooking.

SERVES 4.
(2 SKEWERS PER PERSON).

INGREDIENTS

- 16 kaffir lime leaves
- 750g chicken thigh fillets (cut into 3cm cubes)
- 8 apricots (halved with stones removed)
- 3 spring onions
- 2 limes (cut into quarters)
- 2 tablespoons sweet chilli sauce



SIPPING

SUPER SUMMER SMOOTHIE

PEACH, COCONUT
& LIME

DIRECTIONS

- 1.** Place all ingredients into a high-speed blender.
- 2.** Blend for 45–60 seconds until smooth and creamy.
- 3.** Pour into two chilled glasses.
- 4.** Garnish with a peach slice, toasted coconut flakes, a little lime zest, and mint if desired.

SERVES 2.

INGREDIENTS

- 2 ripe yellow peaches, stones removed and sliced
- 250 ml coconut water, chilled
- 125 ml light coconut milk
- 125 g Greek yoghurt
- 1 frozen banana
- Juice of ½ lime
- 1 tsp honey or maple syrup (optional)
- 1 tsp vanilla extract
- Mint (for garnish, if desired)
- 1 cup ice cubes



NECTARINE SUNRISE

A SUMMER CLASSIC WITH A TWIST

INGREDIENTS

- 6 yellow nectarines, stones removed, chopped
- 3 white nectarines, stones removed, finely chopped
- 1.5L chilled cranberry and apple juice
- Mint sprigs

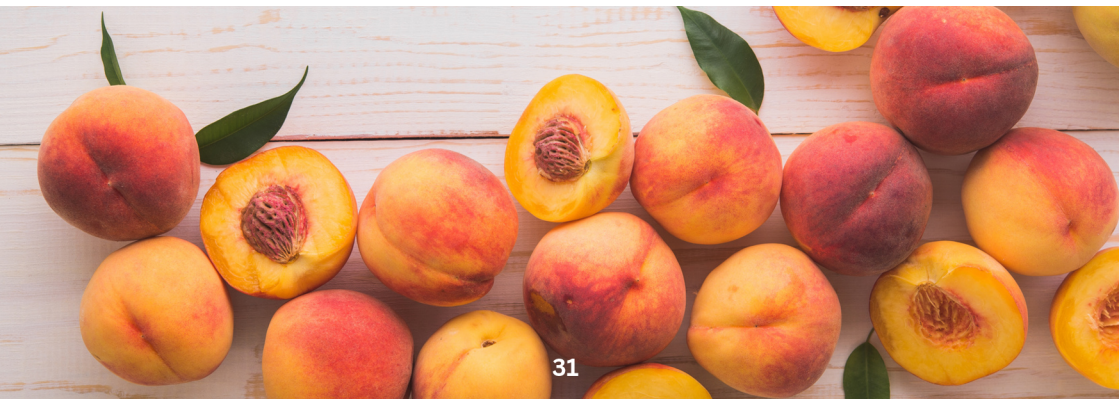
DIRECTIONS

1. Puree the yellow nectarines and divide between 6 glasses.

2. Carefully pour the cranberry and apple juice on top of the puree, top with a little chopped white nectarine and garnish with mint sprig.

Optional: Replace half of the cranberry and apple juice with chilled rose wine to make a refreshing summer cocktail.

SERVES 6.





CHILLED PEACH, PLUM & NECTARINE LASSI SHOTS

SMALL BUT MIGHTY

INGREDIENTS

- 1 ripe peach, chopped
- 1 nectarine, chopped
- 1 plum, chopped
- 1 cup thick yoghurt (Greek yoghurt or hung curd works well)
- ¼ tsp cardamom powder
- A few ice cubes

DIRECTIONS

1. Blend all ingredients until smooth (you can do them individually so all the colours and tastes are different, or, you can combine them for a burst of mixed flavour).

2. Strain if you prefer finer texture.

3. Pour into shot glasses and serve chilled, topped with the respective fruit cubes.

SERVES 6.





SPARKLING PEACH SUNRISE

CLARITY & DRAMA IN A GLASS

INGREDIENTS

- ½ cup peach juice
- ½ to ½ cup lemon-lime soda
- 1 ½ tbsp grenadine (or other red syrup)

DIRECTIONS

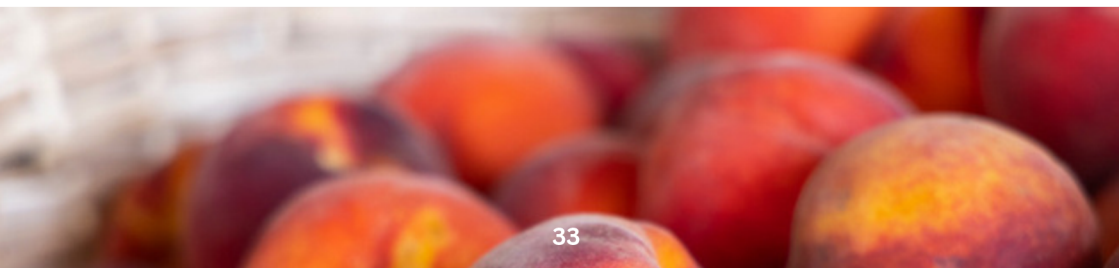
1. Prepare a glass filled with ice and pour the peach juice.

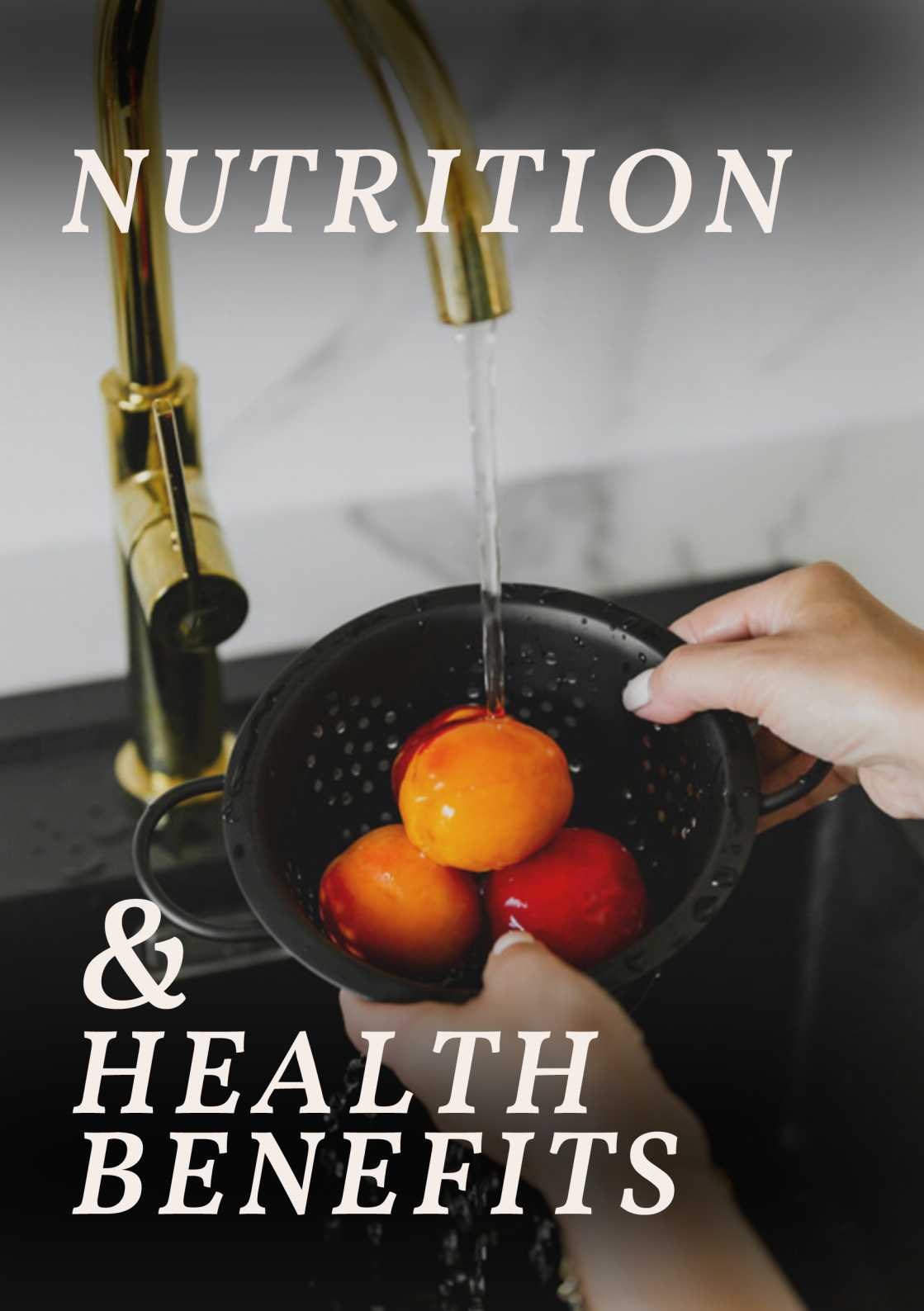
2. Add soda.

3. Carefully add the grenadine into the glass.

4. Serve and enjoy!

SERVES 1.



A close-up photograph of a person's hands holding a black plastic colander under a brass faucet. Water is flowing from the faucet into the colander, which contains three nectarines (two orange and one red). The background is a blurred white marble countertop.

NUTRITION

*&
HEALTH
BENEFITS*



PEACHES

Peaches provide potential health benefits, including improved digestion, a healthy heart, a strong immune system and improved allergy symptoms.

They are also a moderate source of potassium, which is an important nutrient to help control blood pressure. They are also rich in vitamins A, C and E and are a great source of dietary fibre and antioxidants.



PLUMS

Rich in vitamins A, C and K, potassium, copper and manganese, plums are also a good source of fibre which can help promote a healthy digestive system.

The potassium in plums may help with blood pressure control. Plums are also rich in antioxidants. They are full of fibre, and they can contribute to your body's production of adiponectin, a hormone that helps regulate your blood sugar levels.



NECTARINES

Nectarines are full of antioxidants and contain vitamins, minerals and fibre. Among their other benefits, they support iron absorption, can support healthy weight management, and enhance skin health.

They also contain niacin which is great for keeping your digestive system and skin healthy, getting that great Australian summer glow.



APRICOTS

Apricots are low in fat but rich in vitamin A and beta-carotene. These nutrients act as antioxidants to protect your cells from damage.

Apricots are also a good source of flavonoids, an antioxidant that helps to protect against inflammation and inflammatory illnesses, along with reducing your risk of obesity, diabetes, and heart disease.



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