

Eat Plants for the Planet
By Anne Lackey

As we have said, eating food locally produces and in season is more nutritious and cuts down on the carbon footprint, saving the long-distance transport. A friend brought me peaches and apricots from a neighbor's trees last week. What to do? Nice cream, of course:

- 4 ripe bananas sliced and frozen
- 1 cup sliced peaches or apricots (or other fruit)
- 2 T. almond butter (optional)
- ½ t. vanilla extract (optional)

Blend in a high-powered blender.

Eat immediately or freeze (30 minutes for soft, 1-2 hours for hard).