

As we have had some beautiful weather recently, and I'm ever hopeful it will continue, I've put together a lovely bright summery recipe, full of vibrant colours and flavours. Tomatoes and peaches are in season and such a treat right now, I hope you enjoy this recipe that incorporates both!

Peaches provide vitamins C, E, K, beta-carotene, potassium, niacin, copper, and manganese. They also contain around 2 grams of fibre, both soluble and in-soluble, per medium fruit. Peaches also contain small amounts of the polyphenol chlorogenic acid which exhibits antioxidant effects and is even thought to potentially benefit blood sugar and lipid levels.

Tomatoes are a good source of vitamins C, E, B6, and K, beta-carotene, calcium, potassium, magnesium, phosphorus, copper, manganese, niacin, folate, and fibre. They also contain a wide selection of antioxidants including alpha-lipoic acid, choline, lutein, and lycopene. Eating the rainbow and consuming a wide variety of plants helps to ensure you get a wide variety of antioxidants in your diet, and these in turn can help feed the beneficial bacteria in our guts, alongside the fibre plants also offer us.

### **Peach and tomato salsa**

*(serves 2-4)*

8-10 cherry tomatoes

1 peach

2 spring onions

Sprig of mint

½ tsp dried chilli flakes (more if you like)

½ tbsp extra virgin olive oil

1 tbsp lemon or lime juice

Pinch of salt



Optional extras: fresh coriander, garlic

Slice the peach in half and remove the pit. Cut each half into thin slices and then finely dice placing them in a small mixing bowl.

Remove any stalks from the tomatoes and finely dice, adding them to the peaches.

Finely slice the spring onions, and the mint leaves, then add them to the mix with the extra virgin olive oil, lemon or lime juice, dried chilli flakes, and salt. Mix well and set aside to marinate for about 30 minutes before serving.

A lovely addition to a barbeque or served with griddled halloumi!

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