



---

## Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

---

***If Veterans don't help Veterans, who will?***

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## ***Warm Nectarines with Almonds and Vanilla Ice Cream***

- 9 Nectarines
- 3 Tbsp sugar
- 3 Tbsp butter
- 1 1/2 Lemon, juice of
- 3/4 Cup roasted sliced almonds
- 1 1/2 Tbsp vanilla ice cream

- 1) Cut the nectarines into wedges.
- 2) Melt the butter and sugar in a saucepan. Mix in the nectarines and pour in the lemon juice. Bring it to a boil, then lower the heat to medium. You want to completely dissolve the sugar and cook the nectarines until they soften, about two minutes. Mix in the almonds.
- 3) Serve warm with the ice cream.

Makes 6 Servings

