



Stevia Recipes

Peaches in Stevia rebaudiana syrup

Ingredients

Peaches of good quality, preferably late varieties
0.5 g Glycostevia-R60 per liter of water

Preparation

Cut peaches in half to remove the bone.
Peel and, if they are very large, cut into pieces.

Prepare Stevia syrup in a separate bowl:
0.5 g Glycostevia-R60 for each liter of water.

To fill the boats, place pieces until about 4 cm to reach the rim and finish filling with Stevia syrup.

Close the boats and let boil for 10 minutes in a water bath.

Cool. It can be stored in the larder.

It can be consumed throughout the following year. It's a very good dessert, and this syrup is not as heavy as sugar.

Difficulty: Easy

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