
Low-Glycemic Vanilla Poached Peaches with Almond Extract

Naturally sweet stone fruit gently simmered in a light vanilla syrup with minimal added sugar—a blood sugar-friendly dessert that satisfies cravings without spiking glucose levels.

Prep: 5 min

Cook: 15 min

Total: 20 min

Servings: 4

GL 10.1 / GI 63

Ingredients

For poaching liquid base water

GLYCEMIC ALERT: High GI ingredient - amount reduced from original 1/2 cup. Consider substituting with erythritol or allulose for zero glycemic impact granulated sugar

Provides aromatic sweetness without affecting blood sugar vanilla bean, split lengthwise and seeds scraped

Moderate GI (42) - fiber-rich fruit with natural sweetness large ripe peaches, pitted and quartered

For garnish - cinnamon may help with insulin sensitivity fresh mint leaves or ground cinnamon

Instructions

Step 1

Pour the water into a medium saucepan and add exactly 2 tablespoons of sugar (or your chosen low-glycemic sweetener substitute) along with the split vanilla bean pod and its scraped seeds. Place over medium-low heat.

Step 2

Stir the mixture gently but continuously until the sugar completely dissolves into the water, creating a light syrup base. This should take about 2-3 minutes. The syrup should remain very light and barely sweet.

Step 3

Allow the vanilla-infused syrup to simmer gently for 8-10 minutes, stirring occasionally, until it reduces slightly and the vanilla flavor intensifies. Add the almond extract during the last 2 minutes of simmering. The liquid should remain clear and light.

Step 4

Carefully add the quartered peaches to the simmering syrup, arranging them in a single layer if possible. Reduce heat to low to maintain a gentle simmer that barely bubbles.

Step 5

Poach the peach quarters for 4-5 minutes, turning them once halfway through, until they're tender when pierced with a fork but still hold their shape. Avoid overcooking to preserve fiber structure, which is essential for blood sugar management.

Step 6

Using a slotted spoon, carefully transfer the poached peaches to individual serving bowls, dividing them evenly among 4 bowls (4 peach quarters per serving). Spoon 2-3 tablespoons of the warm vanilla-almond poaching liquid over each portion.

Step 7

Garnish each bowl with 2 fresh mint leaves or a light dusting of cinnamon. Serve immediately while warm, or chill for 2 hours for a refreshing cold dessert. For better blood sugar control, enjoy after a protein-rich meal or pair with 2 tablespoons of Greek yogurt or 10-12 almonds.

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