



## Baked Peaches and Cream

Total Calories  
64

Total Fat  
1g

Protein  
3g

Total Sugar  
14g

Saturated Fat  
0g

Sodium  
0mg

## Baked Peaches and Cream

Servings: 2  
Serving Size: 1/2 peach

### INGREDIENTS

- 1 fresh peach
- 1 tablespoon Low-fat Greek yogurt
- 1 teaspoon honey

### DIRECTIONS

1. Preheat your oven to 350°. Cut the peach in half and remove pit. Place in a baking dish.
2. Bake for 25-30 minutes or until peaches are soft. Bake time may vary depending on size of peach.
3. Once peaches are cooked, spoon the yogurt in the center of the peach.
4. Drizzle honey over the yogurt.
5. Serve and enjoy!

### TIP

*This recipe makes for a great healthy and light dessert option. If you do not have Greek yogurt, substitute with plain yogurt. If available, mint leaves make a nice garnish to this dessert.*

