

VitaMin



Vital health information in a minute

Photo: Johnny Autry

EASY PEACH CRISP

Yield: Serves 4

Ingredients

- › 1/2 cup low-fat granola without raisins
- › 2 tablespoons unsalted butter
- › 4 large peaches, pitted and sliced
- › 2 tablespoons brown sugar
- › 1/2 teaspoon ground cinnamon
- › 1 cup vanilla low-fat frozen yogurt

Preparation

1. Preheat broiler to high.
2. Place granola on a jelly-roll pan, spreading evenly. Broil 2 minutes, stirring after 1 minute.
3. Melt butter in a large nonstick skillet over medium heat. Add peaches to pan; cook 3 minutes, stirring occasionally. Add sugar and cinnamon to pan; cook 1 minute or until sugar melts, stirring occasionally. Spoon about 2/3 cup peach mixture in each of 4 shallow bowls. Top each serving with 2 tablespoons granola and 1/4 cup frozen yogurt.

Nutritional information

Amount per serving

- › Calories: 284
- › Fat: 9 g
- › Saturated fat: 5.1 g
- › Monounsaturated fat: 1.9 g
- › Polyunsaturated fat: 0.6 g
- › Protein: 6.9 g
- › Carbohydrate: 46.8 g
- › Fiber: 3.1 g
- › Cholesterol: 48 mg
- › Iron: 0.9 mg
- › Sodium: 57 mg
- › Calcium: 149 mg

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