



SABELLA FITNESS

EASY BAKED PEACHES WITH CINNAMON SUGAR TOPPING

A fresh fruit dessert to enjoy this Spring

PREPARATION: 5 MIN
COOKING: 10 MIN
READY IN: 15 MIN

INGREDIENTS

Serving: Makes 6

- 3 large ripe peaches
- 1 to 2 Tablespoons salted butter
- 2 Tablespoons light brown sugar
- 1/4 teaspoon ground cinnamon

METHOD

- Preheat oven to 190°C and spray an oven safe pan with nonstick spray.
- Slice peaches in half and remove the pit, then place in the pan. Place a small piece of butter (about 3/4 teaspoon) in the middle of each peach.
- Combine brown sugar and cinnamon in a small bowl. Then sprinkle over the peach.
- Bake for 8 to 12 minutes, or until golden.
- Top with greek yogurt or cottage cheese as a healthier option to ice cream

Credit: iheartnaptime.net