



PEACH SUNDAE

Serves: 5

INGREDIENTS:

- 1 Tablespoon margarine or butter
- 2 cups chopped or sliced peaches (frozen, canned and drained, or 3 to 4 medium fresh)
- 3 Tablespoons packed brown sugar
- 1/4 teaspoon cinnamon
- 3 cups (24 ounces) low-fat yogurt (try peach, vanilla or raspberry)

DIRECTIONS:

- Wash hands with soap and water.
- Melt margarine in a medium skillet over medium heat (300 °F in an electric skillet).
- Add peaches, brown sugar and cinnamon. Stir occasionally until peaches are hot. Remove from heat.
- Spoon yogurt into five individual bowls. Top with warm peaches.
- Refrigerate leftovers within 2 hours.