

Peach and Berry Bake

Just Say Yes to Fruits and
Vegetables

Using fruit in your dessert is a great way to eat sweets in a healthy way!



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Serves 6 • Serving: ½ peach

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Keep your baked peaches and yogurt separate when refrigerating, and just heat up the peaches in the microwave for yummy leftovers!

Ingredients:

- 3 halved and pitted peaches
- 1 tablespoon lemon juice
- 2 tablespoons vegetable oil
- 3 tablespoons brown sugar
- 2 cups raspberries
- 1 teaspoon cinnamon
- 1 cup vanilla yogurt

Directions:

1. Heat oven to 350°F.
2. Put peaches in a small baking dish. Drizzle with lemon juice and vegetable oil.
3. Bake for 45 minutes to 1 hour, until soft. Remove from oven.
4. Combine brown sugar, raspberries, and cinnamon in a medium size frying pan. Cook ingredients over medium heat for 5 minutes. Remove from heat and stir in yogurt.
5. Top peaches with berry mix. Serve warm.
6. Refrigerate leftovers.