

Cinnamon Roasted Summer Peaches with Granola and Yogurt

Yields 1 8 oz portion

Nutritional info: 111 kcals, <1 g fat, 3 g fiber, 37 g Na

Ingredients:

½ Peach

½ tsp Cinnamon

1 tsp Honey

2 TBSP Granola

1 TBSP Fat Free Vanilla Greek Yogurt (can use regular yogurt if desired)

½ tsp Lemon Juice (fresh)

Directions:

- Drizzle peach with honey and cinnamon and roast in a 400 F oven for 10 minutes until slightly soft
- Spritz with lemon juice and sprinkle with granola.
- Top with Greek yogurt and serve.



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