



SPICED PEACH PACKETS W/ FROZEN YOGURT

Serves 4

Ingredients:

- 4 cups peeled & thinly sliced fresh peaches (~ 5 medium) or frozen unsweetened sliced peaches, thawed
- 3 tbsp. fresh orange juice
- 2 tbsp. + 2 tsp. honey
- 1 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1 cup fat-free vanilla frozen yogurt

Directions:

1. Preheat oven to 425 degrees F.
2. In small bowl, combine all ingredients except frozen yogurt, stirring to coat the peaches.
3. Cut 4 12-inch square pieces of aluminum foil. Spoon peach mixture, including any juice, onto the center of each piece. Make packets by folding all the sides toward the center, over the peaches. Fold the edges together several times to seal the packets securely. Arrange the packets in single layer on large baking sheet.
4. Bake 15-20 minutes or until peaches are tender. Carefully open packets away from you (to prevent steam burns). Pour peach mixture into small bowls. Top each serving with frozen yogurt. Serve immediately.



Tips:

- For a heart-healthy diet, eat 9-10 servings (about 4 1/2 cups) of fruits and vegetables every day.
- Try to eat local and seasonal produce, it'll taste the best!
- Store bought salad dressing can contain a lot of sugar. Make your own at home! Remember, it's 2 parts vinegar to 3 parts olive oil.
- Be sure to balance salt, fat, and acid to make it taste the best!
- The AHA recommends that women consume no more than 6 teaspoons, or 25 grams of sugar a day and that men consume no more than 9 teaspoons, or 36 grams of sugar a day.

Nutrition Facts

Serving size	1/4 of Recipe
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 37g	13%
Dietary Fiber 3g	11%
Total Sugars 34g	
Includes 0g Added Sugars	0%
Protein 3g	6%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

