

Dessert

Easy Peach Crisp

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Servings: 4

1/2 cup low-fat granola without raisins
2 tablespoons unsalted butter
4 large peaches, pitted and sliced
2 tablespoons brown sugar
1/2 teaspoon ground cinnamon
1 cup vanilla low-fat frozen yogurt

Preheat the broiler to high.

Place the granola on a jelly-roll pan, spreading evenly. Broil for 2 minutes, stirring after 1 minute.

Melt the butter in a large nonstick skillet over medium heat.

Add the peaches to the pan. Cook for 3 minutes, stirring occasionally.

Add the sugar and cinnamon to the pan. Cook for 1 minute or until the sugar melts, stirring occasionally.

Spoon about 2/3 cup of the peach mixture into each of four shallow bowls.

Top each serving with two tablespoons of granola and 1/4 cup of yogurt.

Per Serving (excluding unknown items): 111 Calories; 6g Fat (44.7% calories from fat); 1g Protein; 16g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.