



Warm Peach Gingersnap Sundaes



Enjoy a bite of heaven when you dip into creamy peach yogurt topped with gingersnap crumbs and peaches sautéed in butter and cinnamon. Like other orange-colored fruits – mangoes, cantaloupe, and apricots – peaches are excellent sources of vitamin A.

- 1 tablespoon butter
- 2 cups chopped (¾-inch) peeled fresh peaches or frozen, thawed peaches
- 2 to 3 tablespoons packed brown sugar
- ¼ to ½ teaspoon ground cinnamon
- 12 gingersnap cookies
 - 4 containers (6-ounce each) fat free or lowfat peach yogurt
 - 4 cinnamon sticks, for garnish (optional)
- 1. Melt butter in medium skillet over medium heat. Add peaches, brown sugar, and cinnamon. Cook, stirring occasionally, for 5 minutes or until peaches are hot. Remove from heat.
- 2. Place cookies in plastic bag; seal bag. Crush cookies to coarse crumbs with mallet or rolling pin.
- 3. To serve, spoon yogurt into bottom of 4 dessert dishes. Sprinkle with gingersnap crumbs, dividing evenly. Top with warm peaches. Garnish with cinnamon sticks, if desired.

Prep time: 10 minutes • Cook time: 5 minutes • Makes: 4 servings

Cook's Tip:

- When fresh peaches are unavailable, just substitute frozen peaches.

Tester's Comment:

"This was so easy! I loved this – will serve for company."

Nutrients per serving:

Calories	274
Protein	8 g
Total Fat	6 g
(Saturated Fat	3 g)
Carbohydrate	47 g
Calcium	203 mg
Cholesterol	12 mg
Fiber	2 g
Sodium	181 mg