

5 A Day Recipes

Snacks

Peach Slices with Speedy Fruit Sauce

Serves 2

- 2 fresh peaches, sliced
- 2 Tbsp. nonfat plain yogurt
- **Fruit Sauce**
- ½ cup fresh or frozen red berries, pureed
- 1 Tbsp. packed brown sugar or honey, to taste

Arrange peach slices on 2 dessert plates. Top each with 1 Tbsp. yogurt. In 1 quart microwave safe dish, combine berries and brown sugar. Cover and microwave on high 2 minutes or until mixture boils. Drizzle sauce over peach slices.

Nutritional Analysis

Calories: 103
Fat: 1 g
Cholesterol: 0 mg
Fiber: 3 g
Sodium: 14 mg
% Calories from Fat: 9%

This is an official 5 A Day recipe, and provides two people with 1 ½ servings of fruit each.

Recipe provided by the California Tree Fruit Agreement.