



December 8- No Bake Peach Crisp

Smart Snack

Link: <http://www.recipe.com/no-bake-peach-crisp/>

Recipe

Ingredients:

1/8 teaspoon cinnamon

2 containers (4 ounces each) diced peaches in light syrup, drained

2 Tablespoons crushed low-fat granola

4 Tablespoons vanilla yogurt

Directions:

1. In a small bowl, stir cinnamon into fruit; divide between two serving dishes. Sprinkle with granola and top with yogurt. Sift a little more spice over yogurt, if desired.

Yield 2 servings

Nutrition Facts

Serving Size 1 item (147.04g)
Servings Per Container 2

Amount Per Serving

Calories 120 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 1%

Sodium 40mg 2%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 9%

Sugars 19g

Protein 2g 4%

Vitamin A 10% • Vitamin C 4%

Calcium 4% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.