



YOGURT AND SPICED ROASTED PEACHES

Looking for a tasty dessert to impress your family that is easy to prepare in a jiffy?
Try this yogurt bowl that includes spiced peaches, Greek yogurt and pumpkin seeds.

Preparation time: 15 minutes • Cooking time: 20 minutes • 4 to 6 servings

INGREDIENTS

3 tbsp (45 mL) brown sugar
1/2 tsp (2 mL) ground cinnamon
1/4 tsp (1 mL) ground ginger
Pinch ground allspice
3 large peaches, cut into wedges or 2 cups (500 mL) frozen peaches
1/2 cup (125 mL) unsalted pumpkin seeds
2 cups (500 mL) plain Greek yogurt
1 tsp (5 mL) vanilla extract

PREPARATION

Preheat oven to 400 °F (200 °C). Line a small baking sheet with parchment paper.

In a small bowl, combine sugar, cinnamon, ginger, and allspice. Place peaches in an 8-inch (20 cm) square glass baking dish; sprinkle with half of the sugar mixture and toss gently to coat. Spread in a single layer. Roast for about 20 minutes (30 minutes if using frozen peaches) or until peaches are tender and lightly browned. Let cool slightly.

Meanwhile, in a small skillet, toast pumpkin seeds over medium heat, stirring constantly, for about 3 minutes or until seeds are very lightly toasted, add remaining sugar mixture to skillet and stir seeds for about 2 minutes or until toasted (golden brown) and glazed. Spread out on a piece of parchment paper and let cool.

In a small bowl, combine yogurt and vanilla. To assemble, divide half of the yogurt equally among dessert dishes and top with half of the roasted peaches, then half of the glazed seeds; repeat layers.

i Greek yogurt is a good source of protein and a wonderful staple ingredient in the kitchen. Its unique texture makes it easy to assemble a breakfast bowl in the morning, mix up a quick dip for vegetables for a snack or prepare a delicious dessert, like this Yogurt and Spiced Roasted Peaches.

Your dietitian

Name: _____

Contact: _____

Organization: _____

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