

Peach Sundae

Ingredients

- 1 Tablespoon **margarine** or **butter**
- 2 cups chopped or sliced **peaches** (frozen, canned and drained, or 3 to 4 medium fresh)
- 1 Tablespoons packed **brown sugar**
- ¼ teaspoon **cinnamon**
- 3 cups (24 ounces) low-fat **yogurt** (try plain, peach, vanilla or raspberry)

Directions

1. Wash hands with soap and water.
2. Rinse fresh fruit under running water before preparing.
3. Melt margarine in a medium skillet over medium heat (300 degrees F in an electric skillet).
4. Add peaches, brown sugar and cinnamon. Stir occasionally until peaches are hot. Remove from heat.
5. Spoon yogurt into five individual bowls. Top with warm peaches.
6. Refrigerate leftovers within 2 hours.

Notes

- For a little crunch, sprinkle with granola, graham cracker or gingersnap cookie crumbs.

