

Peach Crumb Bake

2 cups sliced fresh peaches
vegetable cooking spray
1/3 cup graham cracker crumbs
1/2 tsp ground cinnamon
1/8 tsp ground nutmeg
2 tsp reduced-calorie margarine, melted

Arrange peach slices in bottom of an 8-inch square baking dish coated with cooking spray. Combine graham cracker crumbs, cinnamon, and nutmeg in a small bowl, stirring well. Add margarine and stir until blended. Sprinkle graham cracker crumb mixture over peaches and bake at 350 degrees for 30 minutes. Serve warm.

Makes 4 Servings

Nutrients per Serving:

75 Calories

15 g Carbohydrate

1 g Protein

2 g Fat

2 g Fiber