

Peach or Pear Delight

This individual serving of fruit delight uses juice-packed fruit with the addition of lower fat butter substitute. This can be used in place of desserts as pies and cobblers. Try this recipe using fresh fruits when in season. Contributors: Los Angeles Healthy African American Families' staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
½	Cup	Peaches or Pears	Canned fruit packed in juice or fresh fruit.
1	Teaspoon	Butter substitute(lowest fat available)	
1	Teaspoon	Sugar substitute	

Add butter substitutes and sugar substitutes to top of slices. Place in microwave for 1 minute. Serve warm

Yield: One (1) ½ cup serving.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	97	30 (1%)	-	1	-	1 (4%)

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org