



BAKED PEACHES

By Dr. Cindy Tanzar
(Standard)

Fresh peaches are a summertime favorite, and they are even more delicious baked into a cobbler. This tasty recipe allows you to bake the peaches on their own in a rich cinnamon syrup. You can easily double or triple this recipe to make a dish to share, as well.

This recipe makes two servings. One serving covers your fruit and fat for one meal.



INGREDIENTS

2 peaches, stones removed, sliced into small wedges then cut each wedge in half
2 Tbsp Swerve Brown or Lakanto Golden
1/4 tsp + 1/8 tsp cinnamon (or 1/4 tsp cinnamon + 1/8 tsp nutmeg)
2 tsp fresh lemon juice
2 Tbsp Kerry Gold butter
3-4 drops liquid stevia, optional for added sweetness



INSTRUCTIONS

Preheat oven to 400°F. Lightly grease ramekins (can use 2 small or one just large enough to hold two peaches).

Add peaches, Swerve, cinnamon, lemon juice and stevia (if using) into a bowl and lightly mix. Divide mixture into two small ramekins or put it all into one larger ramekin. Dot the top with butter (1 Tbsp for each small ramekin).

Bake for 20 minutes.