

Peach and Biscuit Bake

Makes: 6 Servings

Fresh peaches can be used in baked fruit dessert recipes like cobblers or crisps. This delicious Peach and Biscuit Bake uses fresh peaches.

Ingredients

- 1 cup** low-fat bakery mix
- 1 cup** fat-free milk (or 1 cup low-fat milk)
- 1/2 teaspoon** nutmeg (if you like)
- 4 tablespoons** margarine (melted)
- 3/4 cup** sugar
- 1 1/2 pounds** fresh peaches (sliced, about 6 peaches)

Directions

1. Preheat oven to 375 degrees F.
2. Mix together bakery mix and milk. If using nutmeg, add that too. Stir in margarine until combined.
3. Pour batter into an 8x8-inch baking dish.
4. Combine sugar and peaches, and spoon over batter in baking dish (do not mix together).
5. Bake for 50 minutes or until golden brown.

Source: Recipe adapted from Food.com

Nutrition Information

Nutrients	Amount
Calories	250
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	10 mg
Sodium	160 mg
Total Carbohydrate	44 g
Dietary Fiber	2 g
Total Sugars	35 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	78 mg
Iron	1 mg
Potassium	N/A

N/A - data is not available