

10 MINUTE STOVETOP PEACH CRISP

NUTRITION FACTS

Serving Size: 1/2 the recipe

Calories: 309 | Carbohydrates: 42g | Protein: 4g | Total Fat: 15g | Saturated Fat: 11g | Sodium: 4mg | Fiber: 4g

INGREDIENTS

- 2 Tbsps Coconut oil (divided)
- 2 Tbsps Maple syrup (divided)
- 1/2 cup Oats
- 1/4 tsp Cinnamon
- 2 Peaches (sliced)

DIRECTIONS

1. Melt half the coconut oil and half the maple syrup together in a skillet. Add the oats and cinnamon and stir constantly for four minutes or until oats are toasted. Remove from skillet and set aside.
2. Melt the remaining oil and maple syrup in the same skillet over medium heat. Add the peaches and cook for four minutes stirring frequently. Divide evenly between bowls and top with the oat mixture. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to two days.

Additional Toppings: Serve with chopped almonds, whipped cream, honey, and/or ice cream.





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