

Rustic Peaches & Cream

Constance Smith - Cosmopolitan Cornbread

An easy, old-fashioned dessert.



PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE

Sweets, Treats &
Desserts

CUISINE

American

SERVINGS

1



CALORIES

206 kcal

INGREDIENTS

1/2 whole peach (sliced)

1/2 tsp sugar

pinch cinnamon

1/2 c milk or cream

INSTRUCTIONS

1. Place the slices in a bowl and sprinkle with the sugar and pinch of cinnamon.
2. Pour the milk or cream over the top, just enough to almost cover the peach slices. Now let this sit in your fridge while you eat dinner. (Or if you are enjoying this for breakfast, prepare it before you get ready for the day.)
3. Enjoy!

NUTRITION

Serving: 1c

Fat: 13g

Calories: 206kcal

Saturated Fat: 8g

Carbohydrates: 17g

Polyunsaturated Fat: 4g

Protein: 6g

Cholesterol: 43mg