

TAKE A 100 MEAL JOURNEY

MAKE SMALL CHANGES. ONE MEAL AT A TIME.



SPICE ROASTED PEACH AND YOGURT PARFAITS

Recipe Provided By – Dairy Farmers of Canada | *Recipe Source* – Cookspiration.com

RECIPE INFO

Prep time: 15 minutes

Cooking time: 20 minutes

Servings: 6

INGREDIENTS

3 tbsp (45 ml) packed brown sugar

1/2 tsp (2 ml) ground cinnamon

1/4 tsp (1 ml) ground ginger

Pinch ground allspice

3 large peaches, cut into 1/2-inch (1 cm) wedges

1/2 cup (125 ml) unsalted sunflower and/or pumpkin seeds

2 cups (500 ml) plain Greek yogurt

1 tsp (5 ml) vanilla extract

INSTRUCTIONS

Step 1

Preheat oven to 400°F (200°C). Line a small baking sheet with parchment paper.

Step 2

In a small bowl, combine sugar, cinnamon, ginger and allspice.

Step 3

Place peaches in an 8-inch (20 cm) square glass baking dish; sprinkle with half of the sugar mixture and toss gently to coat. Spread in a single layer. Roast for about 15 to 20 minutes or until peaches are tender and lightly browned. Let cool slightly, or to room temperature.

Step 4

Meanwhile, in a small skillet, toast sunflower seeds and/or pumpkin seeds over medium heat, stirring constantly, for about 3 minutes or until starting to turn golden; add remaining sugar mixture cook, stirring, for about 2 minutes or until toasted and glazed. Spread out onto parchment paper and let cool.

Step 5

To assemble, in a bowl, combine yogurt and vanilla. Divide half of the yogurt equally among 6 dessert dishes and top with half of the roasted peaches, then half of the glazed seeds; repeat layers.