Dinner Tonight!
Roasted Peach Sundaes

3 ripe peaches, halved and pitted 1 Tablespoon brown sugar
2 teaspoons lemon juice 3 cups nonfat vanilla frozen yogurt
6 gingersnaps, crumbled (optional)

Preheat oven to 425°F. Coat a baking sheet with cooking spray.

Toss peach halves with brown sugar and lemon juice, and place them cut-side-up on the prepared baking sheet. Roast until the peaches are tender, 20-30 minutes. If the juice on the pan begins to burn, add a little water and loosely cover the fruit with foil.

Top each peach half with a 1/2 cup scoop of frozen yogurt and a sprinkle of crumbled gingersnaps.

Serve immediately.

Preparation Time: 5 minutes
Cook Time: 25-30 minutes
Serves: 6

Nutrition facts per serving:
Calories: 138
Total Fat: 0 g
Cholesterol: 2 mg
Sodium: 64 mg
Total Carbohydrate: 30 g
Protein: 5 g