



## Baked peaches with blueberries

2 firm peaches, halved and pitted

1 Tbsp. freshly squeezed lemon juice

4 tsp. brown sugar (optional)

4 tsp. butter

2 cups blueberries, fresh or frozen

6 tsp. brown sugar (optional)

1 Tbsp. freshly squeezed lime juice

1/8 tsp. ground cinnamon

1/4 cup Greek yoghurt

Mint leaves to serve (optional)

Preheat oven to 180C. Place peaches in a baking dish, sprinkle with lemon juice and fill each peach cavity with a teaspoon of brown sugar (if using) and a teaspoon of butter. Bake for 45 minutes then cool. Combine blueberries, 6 teaspoons brown sugar (if using), lime juice and cinnamon in a saucepan over high heat. Simmer for about 5 minutes until blueberries soften and release their juices, then allow to cool. To serve, add blueberries to a bowl with a peach and top with a dollop of Greek yoghurt and mint leaves.

Recipe source : Prevention magazine

Serves : 2 to 4 people

Notes:

> For a sugar free option simply omit sugar from peaches and blueberries, or alternatively replace sugar with artificial sweetener.