Snack

Almond Baked Peaches with Raspberries

Ripe peach halves are filled with a raspberry, crowned with a light almond sponge and baked until golden, with flaked almonds scattered over the top. A handful of extra raspberries on the side finishes the dish.



Vegetarian

15 min	64	7.4 g	4.6 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 1 tsp rapeseed oil
- [ ] 8 raspberries, plus handful to serve
- [ ] 4 medium, fresh peaches or nectarines, halved and stoned
- [ ] 1 egg, beaten
- [ ] 1 tsp almond essence
- [ ] 30 g low-fat natural yogurt
- [ ] 30 g wholemeal flour
- [ ] 4 tsp granulated sweetener
- [ ] half tsp baking powder
- [ ] 1 tbsp flaked almonds

Method

- [ ] **1** Heat the oven to 180°C/gas 4 and lightly coat an ovenproof dish with the rapeseed oil.
- [ ] **2** Halve the peaches or nectarines and nestle a raspberry into the hollow of each half, then arrange them in the dish.
- [ ] **3** Beat the egg with the almond essence, low-fat natural yogurt and granulated sweetener until well blended.
- [ ] **4** Combine the baking powder with the wholemeal flour and gently stir it into the egg mixture.
- [ ] **5** Spoon the mixture over each peach half and scatter the flaked almonds on top.
- [ ] **6** Bake for 12-15 minutes, until the topping is golden and the peaches are soft but still holding their shape.
- [ ] **7** Serve with the extra raspberries.

Nutrition Facts

Per serving

Calories	**64**
Total fat	2.3 g
Saturated fat	0.3 g
Sodium	Not listed
Total carbs	7.4 g
Fiber	1.6 g
Total sugars	4.6 g
Protein	2.7 g

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