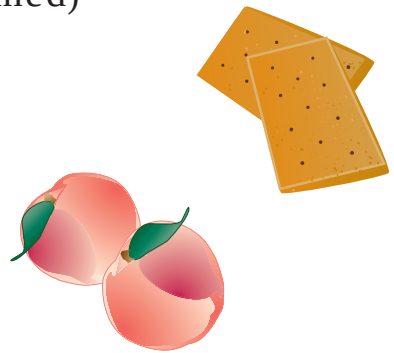
Pineapple-Peach Treat

Ingredients:

- 1/2 cup sliced or diced peaches (drained)
- 1/2 cup pineapple chunks (drained)
- 1/4 cup crumbled graham crackers
- Non-diary whipped topping*
- Ground cinnamon (optional)



Amount Per Serving	
Calories 130	Calories from Fat 20
	% Daily Values*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	7%
Sugars 14g	
Protein 2g	

Vitamin A 6%	•	Vitamin C 15%	
Calcium 2%	•	Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Preparation:

1. Mix the peaches and pineapple together in a bowl. Sprinkle with crumbled graham crackers and top with a dollop of whipped topping. Sprinkle lightly with cinnamon if desired.
2. To make two servings, divide evenly into two serving dishes or bowls. Sprinkle each dish of fruit with half of the crumbled graham crackers. Top each with a dollop of whipped topping and sprinkle lightly with cinnamon.

Makes two 1/2 cup servings

*Note: You can use frozen yogurt or your favorite regular yogurt as a topping.

Ann Simmons, North Carolina Cooperative Extension, Family and Consumer Educator, Rowan County