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Peach Sauce

INGREDIENTS

Fresh peaches (or other fruit)
plain Greek yogurt
cinnamon
nutmeg

PREPARATION

- 1 Peel peaches (or other fruit), dice into pieces, and place in a pot on the stove.
- 2 Add enough water to cover fruit.
- 3 Boil until tender.
- 4 You may want to cool in the fridge before pureeing, or keep warm.
- 5 Enjoy your plain peach sauce OR add a dollop of plain Greek yogurt (0% for you, full fat for your little one under age 2) and sprinkle with cinnamon and nutmeg.
- 6 Serve warm if desired.

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