

Sweet and Healthy Options

Satisfy your craving with these delicious fruity side dishes. Sweet and healthy, these are the perfect way to end a meal with family and friends.

Cooking *up* Change®

NATIONAL

**HEALTHY SCHOOLS
CAMPAIGN**

Caramelized Pear-Pone

Prep Time: 5 min Total Time: 20 min Serves: 4

Ingredients

4 half pears (canned and drained)

¼ teaspoon ground cinnamon

1 1/3 ounces vanilla yogurt

Directions

- 1.** Preheat oven to 425° F.
- 2.** Roast pears faced down on parchment-lined pan for 10 minutes or until caramelized (deep golden brown).
- 3.** Combine yogurt and cinnamon in a small dish.
- 4.** Set pears face up on serving dish. Add a dollop of cinnamon-yogurt in the center of each. Serve and enjoy!

*Peach Crunch
with Vanilla
Drizzle*

Wichita, KS

Peach Crunch with Vanilla Drizzle

Prep Time: 5 Min Total Time: 25 Min Serves: 6

Ingredients

29 ounce can diced peaches in light syrup (about 3 cups)

1 tablespoon cornstarch

1 teaspoon cinnamon

¾ cup granola

¼ cup low-fat vanilla yogurt

Directions

- 1** Pre-heat oven to 350 degrees.
- 2** Drain peaches and reserve 2 tablespoons of the syrup for the vanilla drizzle. Stir together peaches, cornstarch and cinnamon in a bowl.
- 3** Put peach mixture into 8x8 pan.
- 4** Layer the granola over the top of the peaches and bake for 15 minutes.
- 5** Meanwhile, mix vanilla yogurt and reserved peach syrup together.
- 6** Remove pan from oven and drizzle vanilla yogurt mixture evenly over the top. Serve and enjoy!



Pear Crisp

Chicago, IL

Pear Crisp

Prep Time: 10 min Total Time: 30 min Serves: 8

Ingredients

4 cups diced canned pears
2 teaspoons cinnamon
½ cup vanilla yogurt
1 9-inch whole grain tortilla

Directions

- 1.** Cut tortilla into eight equal pieces. Spray with cooking spray and sprinkle with cinnamon. Bake in a 350° F oven until golden brown and firm.
- 2.** Roast pears on a parchment paper lined baking sheet at 450° F for 8-10 minutes or until caramelized.
- 3.** Place a spoonful of pears on top of each tortilla piece. Top with a dollop of yogurt.
- 4.** Serve and enjoy!

Crispy Pineapple Bake

St. Paul, MN

Crispy Pineapple Bake

prep time: 5 min total time: 20 min serves: 4

ingredients

2 cups canned pineapple tidbits

$\frac{3}{4}$ cup rolled oats

1 teaspoon cinnamon

directions

1. Preheat oven to 375° F. Spread pineapple tidbits in a baking dish.
2. In a medium bowl, mix oats and cinnamon together.
3. Sprinkle oat mixture on top of pineapple and spray lightly with cooking spray.
4. Bake for 15 minutes until golden and bubbly.
5. Serve warm and enjoy.